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Tuesday



General Motors' sales fell 45 percent in October.

'Dire Situation': Auto sales hit lowest levels since '75 | **12**

Show of Hands: Women carry more germs than men | **3**



Blockbuster:
Iverson sent to Detroit as part of big trade | **16**

ENTERTAINMENT

Anchor Man:

David Alan Grier satirizes current events on 'Chocolate News.' Plus, John Legend is ready for the next level.

>> 19-25



It's Time to Choose

Candidates race to the finish line with a flurry of final campaign stops



TAMPA, FLA. | Barack Obama radiated confidence and John McCain displayed the grit of an underdog Monday as the presidential rivals reached for the finish line of a two-year marathon with a burst of campaigning across battlegrounds from the Atlantic Coast to Arizona.

"We are one day away from change in America," said Obama, a Democrat seeking to become the first black president — a dream not nearly as distant on election eve as it once was.

McCain, too, promised to turn the page of the era of George W. Bush, and he warned about his opponent's intentions. "Sen. Obama is in the far left lane" of politics, he said. "He's more liberal than a guy who calls himself a socialist, and that's not easy."

Late-season attacks aside, Obama led in virtually all the pre-election polls in a race where economic concerns dominated and the war in Iraq was pushed — however temporarily — into the background.

Early voting, with more than 29 million ballots cast in 30 states, suggested an advantage for Obama as well.

Official statistics showed Democrats who have already voted outnumbered Republicans in North Carolina, Colorado, Florida and Iowa, all of which went for Bush in 2004.

Democrats also anticipated gains in the House and in the Senate, although Republicans battled to hold their losses to a minimum, and a significant number of races were rated as tossups in the campaign's final hours. BETH FOUHY (AP)



DECISION DAY: Sen. Barack Obama speaks in Jacksonville, Fla., while Sen. John McCain campaigns in Tampa on Monday, the eve of the general election. Most polls show Obama with a lead over McCain.

❖ **Turnout trouble:** A record level of early voting has raised concerns about Election Day problems | **Page 5**



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TUESDAY
60/52



WEDNESDAY
54/51



THURSDAY
65/52

TODAY: Cool and cloudy with a chance of afternoon and evening rains | **42**

eyeOpeners

LOWERED STANDARDS

Wendy's Bathroom Eligible for Art Award

One man's stink is another man's major art project. A piece by Belgian conceptual artist Jan Fabre at the Antwerp's MuHKA contemporary art museum is challenging the nose and the eyes. The installation "Spring Is on Its Way" consists of onions and potatoes hung from the ceiling in condoms. And the vegetables are, well, spoiling. "Like many of his works, it is about transformation and metamorphosis," MuHKA's Kathleen Weyts said of Fabre, who had a solo show at the Paris Louvre earlier this year. Weyts claimed that one museum worker complained. Local media reported that plenty of visitors and museum guards were protesting. By Monday, the smelly, rotting onions and potatoes were the talk of the town. "Fabre's stinking work raises tempers," the VRT television network said on its Web site. (AP)



DARK

Honeymoon Location: A Local Cemetery

Some say it with diamonds. But a couple wanted tattooed knuckles to seal their matrimonial bond. Tracy Fox, 24, and her 22-year-old groom, Nick Adams, tied the knot in a Waterbury, Conn., tattoo parlor on Halloween, married by a justice of the peace dressed as a witch. The couple dressed like their favorite characters from the horror flick "The Return of the Living Dead." As part of the ceremony, Fox and Adams each had a special word tattooed on their knuckles. She chose "werewolf" because she loves werewolf movies and he chose "worm food" because he says everyone will be worm food someday. They later exchanged plastic rings — Frankenstein for him and Bride of Frankenstein for her — and celebrated with a black cat cream wedding cake. (AP)



LLUIS GENE/A/P/GETTY IMAGES

PROJECT

Set in Sand

Barack Obama is getting a really big head. Cuban-American artist Jorge Rodriguez Gerada and an army of helpers sculpted it from sand on a Barcelona beach in northeastern Spain. It is 140 yards long by 80 yards wide — big enough, Rodriguez Gerada hopes — to be photographed on Google Earth. The face was created using 500 tons of sand, gravel and white, brown and black pebbles at a cost of more than \$13,000. Rodriguez Gerada says he did not intend to endorse Obama. "The piece is not really based on giving support to Barack Obama," he said. "It is more about questioning Obama-mania." (AP)

SECURITY

Piggy Still Rated Higher Than WAMU

Police said a 34-year-old man was charged with second-degree burglary

after allegedly stealing eight piggy banks from a home, netting more than \$2,700 in change. Police said the man then went to a bank, where he spent more than half an hour standing at a coin-counting machine while the

device tallied the money. Police said the man then picked up his girlfriend and bought a coat, boots and shirts at Burlington Coat Factory. Police found him after a neighbor saw a man leave with two large nylon bags. (AP)

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NAKED AMBITION: A nudist community on Florida's west coast wants to establish the first clothing-optional polling site. The Caliente Resorts, located north of Tampa, has approached election officials about the idea. Nothing in state law would prohibit it.

Nation



DAILY DIARY | WASHINGTONPOST.COM

PRESIDENT BUSH

The Invisible Man

Is President Bush like an unpopular kid in high school?

That was the unusual analogy offered Monday by White House Press Secretary Dana Perino.

Perino was being pressed by reporters about why Bush is in hiding during the final days of the presidential campaign and whether he's troubled to be down so far in the polls. She said Bush "is realistic about the political environment that we're in," but has not let his flagging approval ratings bother him.

"Everybody would like to be popular," Perino said. "You can all remember that back in high school, everyone really wanted to be popular. Some of us just weren't. But that doesn't mean that you don't have principles and values that you stay true to. And that's what this president has done, and it's what he's taught a lot of us, including me."

Bush has cleared his schedule of public events since Friday. Bush and the first lady will host a small private dinner at the White House Tuesday night, but he is not planning any public appearances. **DAN EGGEN**

washingtonpost.com

For extended analysis and up-to-the-minute updates from the campaign trail, visit blog.washingtonpost.com/the-trail

Early Voting Deluge Favors Obama

More than 29 million people had cast their ballots as of Monday

DENVER | The drumbeat to vote early is paying dividends for Sen. Barack Obama, especially in battleground states in the South and West where Democrats have cast many more ballots than Republicans — and even in states where registered Republicans outnumber Democrats.

About a third of the American electorate was expected to vote before Election Day, largely to avoid long lines at the polls.

"It was so easy. I filled in my ballot with my wife over dinner and then dropped it off on the way to work," said Tony Amadeo, 27, one of almost 1.5 million people who cast early ballots in Colorado,



Voters wait to submit absentee ballots on Monday in Detroit. About a third of the American electorate was expected to cast early ballots in this presidential election.

where for the first time a majority of votes in a presidential race will be cast in advance.

More than 29 million people in 30 states have already voted,

according to partial state and county data provided to The Associated Press, and that number was projected to rise to 44 million out of 137 million total votes nationally,

according to estimates by Edison Media Research and George Mason University political scientist Michael McDonald. That would be an early vote of 32 percent of this year's electorate, up from 22 percent in 2004 and 15 percent in 2000.

So far, Democrats have submitted 1 million more ballots than Republicans, though registration does not always indicate who voters choose for president.

Record early voting by Democrats in Florida, North Carolina, Iowa, Nevada and Colorado suggests the Obama campaign has rolled up an early advantage over Sen. John McCain.

The campaigns heavily promoted early voting, reasoning that if they got their base supporters in the bag before Election Day, they could then concentrate on attracting undecided voters. **KRISTEN WYATT (AP)**

Study Finds Gender-Germ Disparity

Women seem to carry more bacteria on their palms than men do

WASHINGTON | A new U.S. study found that women have a greater variety of bacteria on their hands than men do. And everybody has more types of bacteria than the researchers expected to find.

"One thing that really is astonishing is the variability between

PALM READINGS

→ The researchers took samples from the palms of 51 college students and tested the samples using a new, highly detailed system for detecting bacteria DNA.

→ They identified 4,742 species of bacteria overall, they reported in Monday's online edition of Proceedings of the National Academy of Sciences.

individuals, and also between hands on the same individual," said University of Colorado biochemistry assistant professor Rob Knight.

"The sheer number of bacteria species detected on the hands of the study participants was a big surprise," added lead researcher Noah Fierer, an assistant professor at Colorado.

The researchers aren't sure why women harbored a greater variety of bacteria than men, but Fierer

suggested it may have to do with the acidity of the skin.

Other possibilities are differences in sweat and oil gland production between men and women, the frequency of moisturizer or cosmetics applications, skin thickness or hormone production, he said.

Asked if guys should worry about holding hands with girls, Knight said: "I guess it depends on which girl."

He stressed that "the vast majority of the bacteria we have on our body are either harmless or beneficial." **RANDOLPH E. SCHMID (AP)**

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Nation



BATS INCLUDED: Mystic Caverns, a set of two tourist-friendly caves in the hills of the Ozark Mountains in Arkansas, are up for sale on eBay. The owner is hoping to attract a spelunking-friendly shopper, but the caves' \$899,900 price has yet to attract a serious buyer.

Obama's Grandmother Dies at 86

Key figure in senator's life passes away before presidential election

HONOLULU | Sen. Barack Obama's grandmother, whose personality and bearing shaped much of the life of the Democratic senator and presidential contender, has died, Obama announced Monday, one day before the election. Madelyn Payne Dunham was 86.

Obama announced the news from the campaign trail in Charlotte, N.C. The joint statement with his sister Maya Soetoro-Ng said Dunham died peacefully late Sunday night after a battle with cancer.

They said: "She was the cornerstone of our family, and a woman of extraordinary accomplishment,



This undated file photo shows Barack Obama with his grandparents, Stanley Armour Dunham, left, and Madelyn Lee Payne Dunham, who died late Sunday.

strength and humility. She was the person who encouraged and allowed us to take chances."

Obama learned of her death Monday morning while he was campaigning in Jacksonville, Fla.

The family said a private ceremony would be held later.

Republican Sen. John McCain issued condolences to his opponent. "Our thoughts and prayers go out to them as they remember and celebrate the life of someone who had such a profound impact in their lives," said the statement by McCain and his wife, Cindy.

Last month, Obama took a break from campaigning and flew to Hawaii to be with Dunham as her health declined.

Outside the apartment building where Dunham died, reporters and TV cameras lined the sidewalk as two police officers were posted near the elevator.

Longtime family friend Georgia McCauley visited the 10th-floor apartment where Obama had lived with his grandparents.

"So many of us were hoping and praying that his grandmother would have the opportunity to witness her grandson become our next president," said state Rep. Marcus Oshiro, an Obama supporter. "What a bittersweet victory it will be for him. Wow."

The Kansas-born Dunham and her husband, Stanley, raised their grandson for several years so he could attend school in Honolulu while their daughter and her second husband lived overseas. Her influence on Obama's manner and the way he viewed the world was substantial, the candidate himself told millions watching him accept his party's nomination in Denver in August.

"She's the one who taught me about hard work," he said. "She's the one who put off buying a new car or a new dress for herself so that I could have a better life. She poured everything she had into me."

HERBERT A. SAMPLE (AP)



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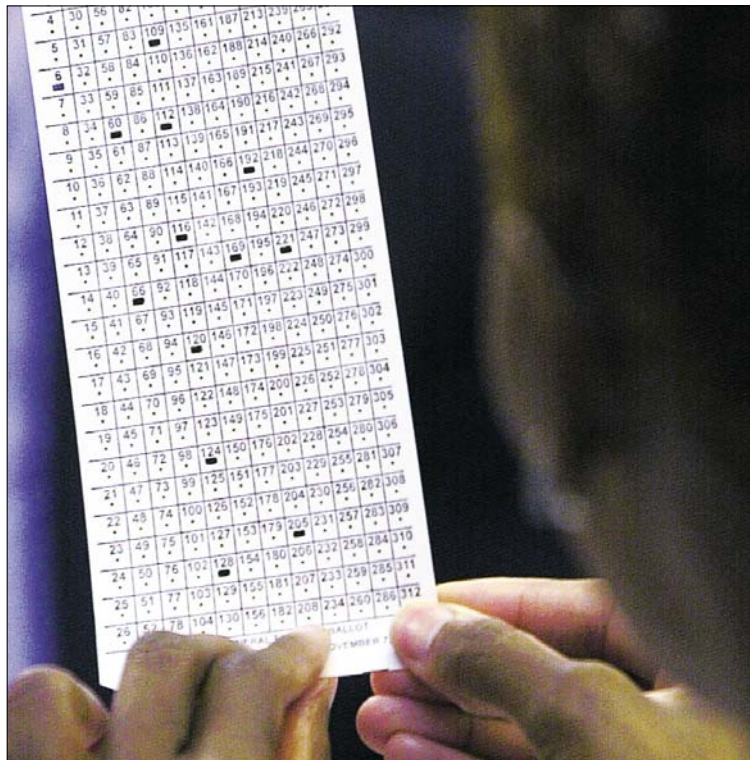
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Nation



A volunteer worker checks a ballot during a recount of 654,000 ballots in Miami in the 2000 election. Voting problems have marred the last two presidential elections.

Election Officials Hope for the Best

Many fear polls will not be able to handle the large voter turnout

POLITICS | In 2000, the presidential election was marred by hanging chads in Florida. Four years later, it was malfunctioning machines in Ohio. With record numbers of voters expected yet again, the fundamental question remains whether the country's embattled election machinery will stand up to the pressure.

This year's unprecedented primary turnout has already exposed cracks in the infrastructure. In Texas, lines stretched for hours and ballots ran out. Voters in Virginia were told to submit slips of paper — which were later disqualified — when ballot deliveries didn't arrive, and overwhelmed poll workers in Washington, D.C., hid electronic machines because they were afraid of the contraptions.

"Right now, election officials probably identify with Sheriff Brody in 'Jaws,' who, having seen

the great white shark for the first time, turns to his fellow passengers and remarks, 'We're gonna need a bigger boat,'" Electionline.org director Doug Chapin said in a recent study of voting problems.

Though nearly all election officials have taken extra precautions for Tuesday, substantial fear remains that polling places won't be able to stand up to millions of voters who want to choose between Republican John McCain and Democrat Barack Obama.

Already, early voting in states including Florida and Georgia drew crowds that waited for hours. In Colorado, more than 50 percent of registered voters cast ballots early.

"Suppose Tuesday comes and goes and there's allegations that tens of thousands of people went to vote and were unable to cast a ballot and went home," said Edward B. Foley, a law professor at Ohio State University. "There's the claim of disenfranchisement but no way to prove it. That would be extraordinarily undesirable."

DEBORAH HASTINGS (AP)

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The amount, in billions of dollars, the U.S. government plans to borrow in the last three months of this year to pay for various financial rescue packages. The government will likely borrow hundreds of billions more next year.

Biden, Palin Both See Win in Ohio

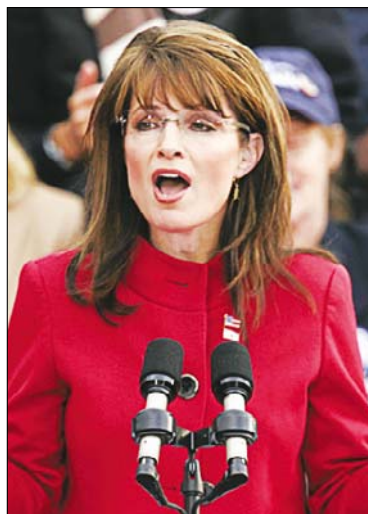
VP candidates make last pitch to voters in perennial swing state

LAKEWOOD, OHIO | Republican vice presidential candidate Gov. Sarah Palin told a boisterous crowd in a Democratic suburb of Cleveland on Monday that “victory is coming.”

Hours later, in another part of Ohio, her Democratic counterpart made a different prediction to potential voters.

"They're calling Barack Obama every name in the book," Sen. Joe Biden told a crowd of about 500 in Zanesville. "Tomorrow night, they will have to call Barack Obama something else: the 44th president of the United States of America."

Palin opened a grueling final day



Alaska Gov. Sarah Palin, left, and Sen. Joe Biden, D-Del., speak to crowds in Ohio Monday. Both candidates made numerous trips to the state during the campaign.



PHOTOS BY TONY DEIAK/PALM VERNON/AP

of the presidential campaign with an upbeat rally in Lakewood, which is part of a Democratic stronghold

in northeast Ohio.

Likewise, Biden made his final appeal to economically hard-hit

Recent polls show that Ohio is too close to call. The state has 20 critical electoral votes.

voters in Republican-leaning eastern Ohio.

The swing state has 20 electoral votes that are crucial to Republican John McCain's bid for the presidency.

Biden spoke amid fall foliage in a city park in the county seat of Muskingum County, which voted for President Bush in 2004. He promised that Democrat Barack Obama would restore jobs to Ohio

and rebuild the middle class.

"Folks, it's only 29 more hours," he said. "I've never seen a time when America has been dug in such a deep hole."

Polls show Ohio is too close to call, with Obama carrying a slight lead or running neck and neck with McCain.

Although Obama-Biden signs far outnumbered those for McCain-Palin in Lakewood, the Alaska governor drew a noisy crowd that waved red pompoms during her appearance at the bandstand in Lakewood Park.

"This is the right place to be for us to kick off this final day of campaigning," Palin said. "You can just feel it here in Ohio. Victory is coming. We can do this; we can win Ohio."

“Do you share our commitment, and can we count on you tomorrow, Ohio?” she asked.

The crowd responded with a “We will win!” chant. JOE MILICIA (AP)

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'DEAR MR. PRESIDENT': The European Union drafted a letter Monday to the new U.S. president, seeking to create a new era of closer ties. The six-page letter will be sealed from public view until after Tuesday's election. French Foreign Minister Bernard Kouchner said its theme is multilateralism.

World

All Eyes Are on American Election

Kenyans, Japanese root for Obama; Vietnamese keep tabs on McCain

KISUMU, KENYA | From the capital of Nairobi to this bustling city near U.S. Sen. Barack Obama's ancestral home, Kenyans were excited Monday about the man they see as a "son of the soil" — and ready to celebrate if he wins the U.S. presidential election.

In Kogelo, where Obama's late father was born, hordes of media photographed the landscape.

"Everybody is extremely happy ... and looking forward to celebrating the day after the elections," Malik Obama, Obama's half-brother, said in Kogelo.

Other Obama fans worldwide were also gearing up to celebrate:



A woman sets up a display in a souvenir shop to show support for U.S. Democratic presidential candidate Barack Obama in the town of Obama, Japan, on Monday.

In Japan, pictures of the Democrat adorned banners along a street in the town of Obama.

Election fever was also high in Vietnam, where McCain was held as a POW for more than five years after being shot down in Hanoi during a 1967 bombing run.

In Hanoi, Vietnam, real estate tycoon and novelist Le Lan Anh called McCain "a great man," because the Navy pilot passed up the opportunity to leave his North Vietnamese prison early ahead of other U.S. inmates. "He's patriotic. As a soldier, he came here to destroy my country, but I admire his dignity," she said.

As a senator in the 1990s, McCain helped normalize relations, so he "understands Vietnam," said Phan Manh Tien, 54. **TOM MALITI (AP)**

In Brief



A policeman watches smoke rise after a car bomb exploded in Baqouba, Iraq.

BAGHDAD

Bombings Kill 10 People

A series of bombings struck Baghdad and a neighboring province Monday, killing at least 10 people and wounding 40, including a deputy oil minister who was injured when a bomb went off in front of his house. Most of the six blasts occurred in Baghdad, reinforcing U.S. military warnings that extremists remain capable of launching attacks despite an improvement in security. **(AP)**

GUANTANAMO BAY, CUBA

Bin Laden Video-Maker Is Sentenced to Life in Prison

A video-maker for Osama bin Laden who vowed that al-Qaeda will never stop fighting America was sentenced to life in prison Monday for encouraging terrorist attacks. A jury of nine military officers deliberated for just under an hour before condemning Ali Hamza al-Bahlul, 39, at Guantanamo's second war-crimes trial. Al-Bahlul was convicted of 35 counts of conspiracy, solicitation to commit murder and providing material support for terrorism. **(AP)**

Gunmen Kidnap Aid Worker in Kabul

Assailants fatally shoot man who tried to stop Frenchman's abduction

KABUL, AFGHANISTAN | Gunmen in a red Corolla cut off a van of French aid workers on Monday, kidnapping one and fatally shooting an Afghan who tried to thwart the abduction by grabbing an attacker's machine gun.

The kidnapping will add to the increasing anxiety felt by the international community in the Afghan

capital, which has seen a rise in abductions and targeted shootings of foreigners in the last month.

Three assailants, two of them armed, tried to kidnap two French citizens riding in a small van, but after a scuffle the kidnappers grabbed one man, said Mohammad Daud Amin, a police commander.

The kidnapping took place as two French aid workers were being driven from a residence rented by the aid group AFRANE — Amitié Franco-Afghane, or French-Afghan friendship — said Etienne Gille,



People gather at the site where an aid worker was abducted in Kabul Monday.

AFRANE's president.

"The car was blocked by another car that was driving the wrong way," from which "an armed man emerged," Gille told The Associated Press. AFRANE's employee managed to escape, while another French aid worker was taken, he said.

Gille declined to provide the name or organization for which the kidnapped man worked but said he was in his 30s.

The man, a French national, had been in Afghanistan about a week, Gille said, adding he believed it was his first time in the country.

JASON STRAZIUSO (AP)

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World

4

The amount of ivory, in tons, Zimbabwe sold on Monday to raise \$450,000 for elephant conservation and to help authorities better manage the country's national parks.



Taiwanese protesters demonstrate against Chinese envoy Chen Yunlin's visit to Taiwan in Taipei, Taiwan, on Monday.

China-Taiwan Talks Begin

Chinese envoy visits democratic island to ease tension, forge ties

TAIPEI, TAIWAN | The highest-ranking Chinese official to visit Taiwan in six decades got a taste of the island's democracy Monday as anti-China protesters waved signs, called him a communist bandit and rallied outside the legislature.

The Chinese envoy, Chen Yunlin, was mostly insulated from the noisy crowds of Taiwan independence supporters, who security forces blocked or dragged away.

About 5,000 police officers were guarding the capital, Taipei, during Chen's five-day trip.

Making sure that Chen's visit went smoothly was extremely important to Taiwanese President Ma Ying-jeou. He was elected last March, promising voters he would ease tensions with China and forge closer trade ties with the huge neighbor.

The Chinese envoy was expected to sign a series of economic agreements Tuesday, while avoiding prickly political issues that stymied previous efforts to talk.

It has taken such a high-ranking

Chinese official six decades to visit this island because deeply rooted hostilities and suspicions have prevented such exchanges.

China and Taiwan have been ruled separately since the Communists won a civil war in 1949 and took over the mainland. Although political relations have been frozen for decades, business ties have expanded rapidly in the past 20 years.

Chen said Monday he hoped relations would continue to improve. "I am bringing the goodwill wishes to Taiwan's 23 million compatriots from the mainland's 1.3 billion people," he said. WILLIAM FOREMAN (AP)

U.N. Bypasses Refugees in E. Congo

KIBATI, CONGO | Refugees who haven't eaten for days cheered when the first humanitarian convoy in a week arrived Monday at their camp, but the jubilation turned into anger when U.N. workers dumped soap and jerry cans instead of food and sped on past rebel lines.

U.N. officials admit hunger at the Kibati camp, where tens of thousands of refugees have sought safety, is dire but say their first priority is resupplying clinics looted by retreating government troops.



U.N. peacekeepers drive past local residents in Goma, Congo, on Monday.

U.N. peacekeepers escorted the 12-vehicle aid convoy carrying medical supplies north from the provincial capital of Goma, past Kibati, and beyond rebel lines to Rutshuru, 55 miles north of Goma.

Both the Congolese army and rebel leader Laurent Nkunda assured the convoy's safe passage, said Gloria Fernandez, head of the U.N. Office for the Coordination of Humanitarian Affairs in eastern Congo. Another convoy on Tuesday would bring food for some of the 250,000 refugees displaced by fighting, she said. MICHELLE FAUL (AP)



JUST DUCKY: Polish President Lech Kaczynski and his brother Jaroslaw can be legally referred to as ducks after a court ruled Monday that a play on the twins' last name was not slanderous. The president's office had filed a complaint against a newspaper columnist who called the brothers "ducks." "Kaczynski" derives from the word for "duck."

World

U.K.'s Bona Fide Scandal

British councils ban Latin words, phrases from official language

LONDON | Britain's Latin and Greek aficionados are outraged at a decision by some local councils to veto the use of Latin words and phrases — including *ad lib*, *et cetera* and *e.g.* — in official documents.

The councils say Latin is no longer widely understood. But classicists say axing Latin phrases is an attack on the foundations of English — the linguistic equivalent of "ethnic cleansing."

"Think of the number of words from Latin that are now part of the English language: *alias*, *alibi*, *exit*, *terminus*," said Peter Jones, a retired professor of classics at the University of Newcastle and founder of

LATIN LOVERS' QUARREL

Highlights from the Bournemouth council's list of Latin phrases to avoid, and suggested alternatives:

- Bona fide — genuine
- Etc. (*et cetera*) — and so on
- I.e. (*id est*) — that is
- Per — each, a
- Via — by way of, through
- Vis-a-vis — in relation to (AP)

Friends of Classics. "Are they going to cut out those words?"

"The English language is a hybrid animal that has adopted any number of words and phrases from other languages which have become a part of English," he added. "To deny the hybrid nature of the English language is almost like ethnic cleansing of English."

The council in Bournemouth, a town of 170,000 on England's south coast, has a "plain language" policy that lists 19 Latin words and phrases to be avoided, and suggests replacements.

British local authorities have been under pressure from their umbrella body, the Local Government Association, and others to cut their use of jargon and confusing language.

No one from the Bournemouth council was willing to speak to The Associated Press on Monday, but a spokeswoman said the language guidelines have been in effect for two years without attracting notice.

Despite the policy, the town retains a Latin motto on its crest: "*Pulchritudo et salubritas*" — beauty and health. JILL LAWLESS (AP)

IRAN | CRISIS COMMEMORATION



SOLEMN STATEMENT: Women pass an anti-American mural outside the former U.S. Embassy in Tehran, Iran, Monday during a demonstration to mark the 29th anniversary of the start of the 1979 Iranian hostage crisis.

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BAD JOKE: Virginia elections officials have identified the person responsible for a phony election flier that told Republicans to vote on Tuesday and Democrats to vote a day later. Officials said Monday the flier bearing the elections board logo was a joke that got out of control.

Local

Va. Voting Lawsuit Rejected

Judge refuses request to extend poll hours, reallocate machines

RICHMOND, VA. | A federal judge refused the NAACP's request to extend polling hours and reallocate voting machines to some heavily black precincts on the eve of a presidential election that is expected to produce unprecedented turnout.

U.S. District Judge Richard L. Williams said Monday that the potential harm to state and local elections officials making last-minute preparations for the election outweighed concerns that extremely long lines could discourage some people from voting, especially in heavily black precincts in Richmond and Hampton Roads.

However, the judge did order the State Board of Elections to immediately publicize the availability of curbside voting for people 65 and older and those with disabilities, as well as the fact that anyone in line by the time polls close at 7 p.m. will still be allowed to vote.

Heightened interest in this election already is evident in the state's absentee voting totals. State election officials said one-tenth of Virginia's registered voters had cast absentee ballots by Saturday. As of Monday, 538,130 people had applied to vote absentee. LARRY O'DELL (AP)

Metro: Cutting Fraud Brings Funds

Study says eliminating bus transfers could up revenues \$5M a year

Metro officials estimate they could get at least \$5 million more a year in bus revenue by reducing fraud when the agency eliminates free bus-to-bus paper transfers in January, according to a staff analysis to be presented to a board committee Thursday.

The transfers will no longer be

issued or accepted beginning Jan. 4; the phase-out was part of the fare and fee hike the board approved last December and was to take effect after a year. The phase-out also includes discounted rail-to-bus transfers. Effective Jan. 4, the discounts will be offered only to users of electronic SmarTrip fare cards.

Like many other transit systems, Metro has long sought to get rid of the paper slips to reduce costs and fraud and speed bus boarding. Cur-

rently, Metrobus riders paying cash can receive free paper transfers that allow unlimited travel for up to two hours anywhere in the region. But paper transfers are often sold or shared; it is common to see passengers passing transfers out the windows to others.

Bus drivers are supposed to make sure the transfers are valid, but in practice, they say they are more concerned with getting riders on the bus and avoiding confrontation. Transit police say disputes over

fares — often related to transfers — are a major reason for assaults against bus drivers.

Some riders have called for a delay because they say Metro has not done enough to publicize the change. Metro's customer outreach campaign began last month with ads inside and outside buses, and in rail cars and stations. Starting next week, Metro plans to distribute 320,000 cards that will hang from overhead grab bars in buses.

LENA H. SUN (THE WASHINGTON POST)

MANASSAS, VA. | ELECTION EVE RALLY



FINAL EFFORT: Workers put finishing touches on a sign for Democratic presidential candidate Sen. Barack Obama at the Prince William County Fairgrounds Monday before his last rally ahead of Election Day.

Slots Are Top Question Mark in Md.

ANNAPOLIS, MD. | With one day left before a historic presidential election, gambling opponents rallied to stop an effort to legalize slot machines, while supporters hoped Election Day would bring jackpots and badly needed revenue for the state.

With Sen. Barack Obama solid in a state where registered Democrats outnumber Republicans 2-to-1, the

constitutional amendment on slot machines is a top statewide political question mark.

Voters also will decide on an early voting amendment whether they want Maryland to join more than 30 states and set aside more time to cast their ballots.

Turnout is expected to be very high, and state elections officials say they're ready.

The Lotteries

Monday, Nov. 3

DISTRICT

Mid-day Lucky Numbers **7-4-9**
Mid-day DC 4 **3-8-7-5**

MARYLAND

Mid-day Pick 3 **4-3-6**
Mid-day Pick 4 **3-6-7-0**

VIRGINIA

Mid-day Pick 3 **8-3-9**
Evening Pick 3 (Sun.) **1-6-1**
Mid-day Pick 4 **1-9-6-4**
Evening Pick 4 (Sun.) **4-6-8-9**
Mid-day Cash 5 **17-19-22-27-34**
Evening Cash 5 (Sun.) **1-4-16-19-20**

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Money



Unsold Toyota Corollas and Matrixes are seen at a dealership in Centennial, Colo. October was another tough month for automakers. Toyota's sales fell 23 percent.

Automakers Take Another Sales Hit

General Motors exec
says the company is in
a 'very dire situation'

DETROIT | General Motors' October U.S. sales plunged 45 percent and Ford's dropped 30 percent, as low consumer confidence and tight credit combined to scare customers away from showrooms.

The results released Monday — along with drops of at least 23 percent for Toyota, Honda and Nissan — appeared to fulfill prophecies that the industry's sales as a whole will hit their worst level in decades.

Mike DiGiovanni, General Motors Corp.'s executive director of global market and industry analysis, said the automaker expects last month was the industry's worst U.S. sales performance since 1975 with only 851,000 vehicles sold, for an annual rate of 10.7 million vehicles.

"This is clearly a severe, severe recession for the U.S. automotive industry and something we really can't sustain," DiGiovanni said. "There really needs to be actions focused on the consumer and avail-

able credit."

Detroit-based GM said its light truck sales tumbled 51 percent compared with the same month last year, while demand for passenger cars fell 34 percent.

Overall, GM sold 168,719 vehicles, while Ford, including its Volvo

**"This is
clearly a
severe recession for
the U.S. automotive
industry."**

MIKE DIGIOVANNI, GM

brand, sold 132,278 light vehicles last month. If GM's sales were adjusted for population growth, October would be the worst month of the post-World War II era, DiGiovanni said.

"Clearly, we're in a very dire situation," he said.

The results were less severe at Ford Motor Co., which said its Ford, Lincoln and Mercury car sales were off 27 percent, while light truck sales for the three brands were down more than 30 percent. (AP)



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The percentage occupancy rate of hotels in Hawaii in September, the lowest level since after the terrorist attacks in 2001, according to Hospitality Advisors LLC. The island's hotel revenue was down \$37 million from the same month last year.

Money

Circuit City to Close 155 U.S. Stores

Bankruptcy rumors swirl around company despite work force cuts

RICHMOND, VA. | As the lights go out at about 20 percent of Circuit City's stores, the company is hoping that by closing hundreds of stores and cutting thousands of jobs it can survive consumers who are reluctant to spend and vendors less eager to give it credit.

But analysts say the moves announced Monday renewed the specter of bankruptcy hanging over the nation's No. 2 consumer electronics retailer heading into a holiday shopping season that could determine its future.



Circuit City is closing 20 percent of its stores in the United States as it tries to survive the economic downturn. The retailer said about 7,300 workers may be affected.

In Ohio, 11 stores will close: six in northeast Ohio, three in the Columbus area and one each in Mansfield and Cincinnati.

17

The percentage of Circuit City workers who will be laid off, the retailer said on Monday.

"Clearly, [Circuit City] is frantically working to keep itself alive," JP Morgan analyst Christopher Horvers wrote in a note to investors.

Circuit City Stores is shuttering 155 of its more than 700 stores in 28 states, including multiple locations in areas such as Phoenix and Atlanta, by Dec. 31. It is laying off about 17 percent of its domestic work force.

This could affect up to 7,300 people, based on nearly 43,000 employees as of Feb. 29.

James A. Marcum, acting president and chief executive, called the decision to close stores "difficult but necessary."

The company said the number would likely be lower because employees in some markets may become employed at other stores.

Richmond, Va.-based Circuit City also said it will further cut back on new store openings and plans to work with landlords to renegotiate leases, lower rent or terminate agreements while it deals with tightening credit from its vendors.

The company said it is working to secure support from vendors, but the "current mix of terms and credit availability is becoming unmanageable." MICHAEL FELBERBAUM (AP)

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Sports



MIGHTY QUINN? Quarterback Derek Anderson has been benched by the Cleveland Browns, who will start popular backup Brady Quinn on Thursday night against the Denver Broncos. The team confirmed the switch Monday.



Alex Ovechkin's enthusiasm was sorely lacking last week for the Capitals, who lost 5-0 to the Sabres on Saturday night.

Ovechkin Returns to Caps

MVP missed 2 games to visit ill grandfather, will play against Sens

CAPITALS | Alex Ovechkin zipped a pass to drill Monday morning at Kettler Capitals Iceplex, and Fedorov drilled a one-timer past Jose Theodore.

Ovechkin threw his arms up in the air, screamed, "Yeah!", and skated over to hug Fedorov.

He had been back on the ice with his teammates only for a few minutes, but the energy and enthusiasm he brings to the Washington Capitals — emotion that was lacing Saturday night in Buffalo — had returned to a team that's in desperate need of a spark heading into Tuesday's game in Ottawa.

Ovechkin flew back to Washington Sunday evening after spending six days in Moscow with his ailing grandfather. The reigning MVP

missed consecutive games for the first time in his three-plus seasons in the NHL but is expected to be in the lineup against the Senators.

"It helped me a lot," Ovechkin said of returning home. "I feel good and I feel bad. I feel good I saw my grandpa, but I feel bad I can't play and can't help my teammates win the game."

Ovechkin said he was unable to have a conversation with his grandfather, Nikolay Kabayev, who was in the intensive care unit. When asked

what was ailing his grandfather, Ovechkin said, "He's 83; he's old."

"He didn't see me, but he probably felt me," Ovechkin added. "It was [a] hard situation to see your grandpa lying [there] with the medical stuff [hooked up to him.] I'm happy I saw him when he's alive. It's very important for me."

“It was [a] very hard situation to see your grandpa lying with medical stuff. I'm happy I saw him when he's alive.”

ALEX OVECHKIN

The mood on the ice and in the dressing room was unmistakably more upbeat Monday than it had been on Sunday, when coach Bruce Boudreau punished his players with a hard practice after their 5-0 loss in Buffalo the previous night.

"Yesterday was yesterday, but, to use an analogy, it's like your big brother is home," Boudreau said. "There was more talking and more jump. Hopefully, it transcends into tomorrow's game."

When Ovechkin left, he was in the midst of his slowest start of his career, having notched only two goals and two assists in eight games. The Capitals, meantime, haven't won a game in regulation since Oct. 16. **TARIK EL-BASHIR (THE WASHINGTON POST)**

In Brief



CC Sabathia is the premier pitcher on baseball's free-agent market this winter.

BASEBALL

Brewers Bid to Sign Sabathia

The Milwaukee Brewers have opened up the bidding for free agent ace CC Sabathia. Brewers general manager Doug Melvin said Monday that the team made a contract proposal to Sabathia over the weekend but wasn't willing to discuss terms of the offer or assess the team's chances of keeping its prize pitcher. "It's in their hands," Melvin said in a telephone interview with The Associated Press. "He hasn't really had a chance to talk with other teams." (AP)

MADRID, SPAIN

Ballesteros Speaks With Relatives After Brain Surgery

Seve Ballesteros continues to make progress after surgery on a cancerous brain tumor. The 53-year-old Spanish golf great is conscious, breathing unaided and able to talk to relatives, La Paz hospital said Monday. Ballesteros has begun to receive rehabilitation treatment in the intensive care unit, the hospital added. (AP)

NATIONALS

Nats Get Landon Grad Avery

The Nationals and Cubs swapped minor league pitchers Monday, with Washington getting right-hander Matt Avery, and Chicago acquiring left-hander Ryan Buchter. Avery went to the Landon School for Boys in Bethesda, Md., and was a college teammate of Nationals third baseman Ryan Zimmerman's at Virginia. The 25-year-old reliever spent time at Single-A Daytona and Double-A Tennessee in 2008. (AP)

Streaky Ravens Back Above Water

Harbaugh isn't looking ahead to playoffs after winning 3 in a row

RAVENS | The Baltimore Ravens have won three in a row. They are tied for the AFC wild-card lead, have twice as many road wins as all of last season and already have equaled their win total of 2007.

If John Harbaugh is thinking about the playoffs, or even proud about what the Ravens have thus far accomplished in his first year as an NFL head coach, he's keeping it to himself.

"What have we done? We're 5-3," Harbaugh said Monday. "We're not going to be any worse than 5-11. That's all we've guaranteed ourselves right now."

With its 37-27 comeback win over the Cleveland Browns on Sunday, Baltimore improved to 5-3 in the conference and 3-1 in the division. The Ravens were 2-10 and 1-5 in those categories last season.

The improvement is certainly cause for excitement, at least for fans who suffered through the misery of last season. But Harbaugh wasn't here, so he's not about to be swept up by playoff fever.



Quarterback Joe Flacco has led the 5-3 Ravens to three straight AFC wins.

Instead of thinking about January, his lone focus is getting his players ready to play this Sunday in Houston.

Playoffs? Ask him again in December.

"Are we excited to be in the hunt? Yeah. But that's all we are — in the hunt," Harbaugh said. "To look at it from any kind of a deeper perspective, we think, is kind of a waste of time."

How the Ravens got to 5-3 is strange enough. They won their first two, lost three straight and then beat Miami, Oakland and Cleveland. Is it good — or bad — to be that streaky?

"I don't think it means anything," Harbaugh said. **DAVID GINSBURG (AP)**



"I am encouraged by the commitment of ownership ... and the great potential of the talent on the team." —**Daunte Culpepper**, on joining the Lions.

Sports



Maryland's Josh Portis is tackled in a 31-0 loss to Virginia. While 6-0 in the day, the No. 23 Terps are 0-2 this year in night games.

Dark Nights for Maryland

After earlier failures, Terps target idle time before evening kickoff

TERPS FOOTBALL | In their previous two night games, Maryland's football players engaged in the same routine: During the sunlight of game day, they spent hours upon hours fidgeting, napping, watching television and otherwise killing time in an unfamiliar hotel. By nightfall, they looked unfocused and were thoroughly outclassed by seemingly inferior opponents.

No one is blaming their two losses solely on too much downtime, but Terrapins coach Ralph Friedgen is not taking any chances for the team's third night game of the season Thursday at Virginia Tech. The Terrapins will arrive at their team hotel

Late Redskins Game

→ The Redskins-Steelers game ended after Express' deadline Monday night. For results and analysis, including a column by Michael Wilbon | **Today's Sports**

IN The Washington Post

later than usual Wednesday and are expected to fill game-day Thursday with more meetings to keep players' minds occupied and focused.

The 23rd-ranked Terrapins, who are in first place in the ACC's Atlantic Division, have won six day games and lost their only two night games in decisive fashion. "I don't think it makes us play any better or worse, but if you ask most people, they don't like sitting around all day waiting," quarterback Chris Turner said.

"It's definitely a different environ-

ment when you go to those hotels and have all day," offensive lineman Dane Randolph said. "Lots of sleeping. Some games might be on TV."

Players occasionally get absorbed in a movie right before they need to leave for the bus. A few weeks ago it was "Hook," the Peter Pan movie that players continued to talk about on the bus ride to the stadium.

With no matinee football on television on Thursdays, players may have to choose from among "The View," "All My Children" and "Sabrina the Teenage Witch." On a positive note, Randolph noted that players are allowed to buy two movies during trips for Thursday night games. "But we won't be able to watch them because we won't be there as long as we normally are," Randolph said. "I think that will help."

ERIC PRISBELL (THE WASHINGTON POST)

Judge 'Agonizing' Over Clemens Suit

HOUSTON | A federal judge said Monday he is "agonizing" over the status of a defamation lawsuit Roger Clemens filed against his former personal trainer, who accused the pitcher of using performance-enhancing drugs.

U.S. District Judge Keith P.

Ellison made the comment after a nearly two-hour hearing in which attorneys for both sides reiterated arguments they had already briefed in court filings over the last few months.

The issues before Ellison are

whether he should throw out the lawsuit and if he doesn't, whether it should stay in Texas.

Clemens sued Brian McNamee in January after his former trainer told baseball investigator George Mitchell that the seven-time Cy Young Award winner used steroids and human growth hormone. (AP)

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Sports

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The number of **Big 12** football teams in the top 10 of the BCS standings. No. 2 Texas Tech, which beat No. 4 Texas Saturday, hosts No. 9 Oklahoma State Saturday. Oklahoma is No. 6.

A Not-So-Warm Welcome

Nick Saban returns to LSU with Alabama now atop the rankings

COLLEGE FOOTBALL | New No. 1 Alabama is heading to LSU for a big game between two of the top teams in the Southeastern Conference. And Nick Saban is returning to the stadium he once ruled.

Guess which topic makes the Crimson Tide coach more than a little touchy.

With his team now at the forefront of the national title hunt, Saban doesn't want to be the story line in his return to face No. 15 LSU. In fact, he bristles at the very subject.

"It's going to be about our players and about our team," he said after Saturday's game. "I don't care how hard anybody tries to make it about something else; it's not going to be. I'm kind of giving you a little forewarning."

"If somebody wants to get a you-know-what chewing this week, that'll be a good way to get it."

It's fairly certain Saban won't be



Alabama head coach Nick Saban, who led LSU from 2000 to 2005 before leaving for the NFL, returns to Baton Rouge, La., with his No. 1-ranked Crimson Tide Saturday.

able to dodge questions about his return to Baton Rouge no matter how hard he tries. Another sure-to-be-hot topic: the Tide's first regular-season No. 1 ranking since losing the top spot with a 6-3 loss to Mississippi State 28 years and a day earlier, when Bear Bryant still reigned.

Saban coached the Tigers from

2000 to 2005, going 13-1 in 2003. His homecoming to the school he spurned for a two-year stop with the NFL's Miami Dolphins just happens to coincide with what certainly appears to be his best team since then. Saban's return to an SEC West rival makes a warm welcome by LSU fans is highly unlikely.

JOHN ZENOR (AP)

HEISMAN HOPEFULS | COLLEGE GRIDIRON GREATS



1 With no help from his receivers, Texas QB **Colt McCoy** did all he could against Texas Tech, going 20-34 with 294 yards and two touchdowns — except he left too much time for ... 2. QB **Graham Harrell**, who threw for 474 yards on 36-53 passing and two touchdowns, including the game-winner with one second left to lift the Red Raiders to the victory. 3. Florida QB **Tim Tebow** might want to vote for himself for the Heisman now after a five-touchdown performance in a 49-10 beatdown of Georgia. 4. Oklahoma QB **Sam Bradford** put up five touchdowns of his own, throwing for 311 yards on 19-27 completions, albeit against a mediocre Nebraska squad. (EXPRESS)

Fulmer to Leave Tennessee After Lackluster Year

COLLEGE FOOTBALL | Tennessee's Phillip Fulmer confirmed he's leaving at the end of this season, implying that he's been forced out after 17 years, which included a national championship.

Fulmer, 58, his voice cracking and pausing to keep his composure, announced he will step aside Monday afternoon. He said he was "accepting the university's decision."

Fulmer had a 150-51 record with the Vols, including the national championship in 1998. But Tennessee fell on hard times this season and fell to 3-6, including 1-5 in the Southeastern Conference. (AP)



Fulmer



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BEFORE HE WAS A STAR: Indiana State University will name the floor at the school's basketball arena for legendary coach John Wooden and his late wife, Nellie. Wooden was the head men's basketball coach, baseball coach and athletics director at Indiana State from 1946 to 1948 before going to UCLA.

Sports

Big Trade Sends Iverson to Detroit

Billups, McDyess sent to Denver as Pistons acquire former MVP

NBA | The Detroit Pistons shook the NBA in a big way Monday — landing former MVP Allen Iverson from the Denver Nuggets.

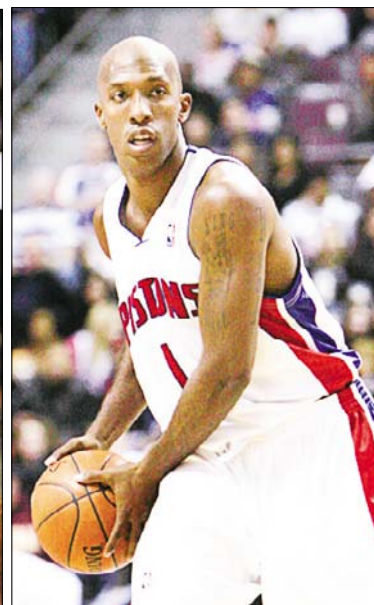
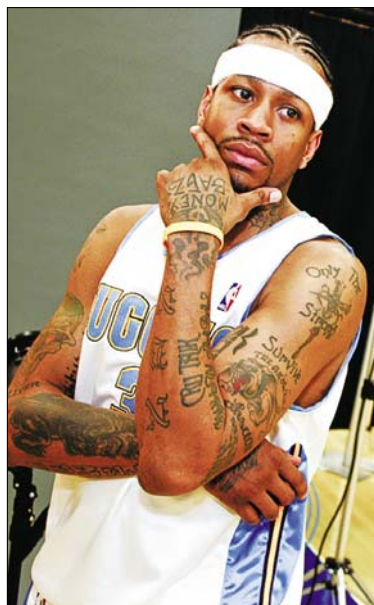
The Pistons gave up All-Star point guard and former NBA finals MVP Chauncey Billups, top reserve Antonio McDyess and project Cheikh Samb.

"We just felt it was the right time to change our team," Pistons president of basketball operations Joe Dumars told The Associated Press.

"Iverson gives us a dimension that we haven't had here, and we really think its going to help us."

Iverson is in the final year of his contract, making \$20.8 million this season.

Billups is in the second season of a four-year contract worth a guaranteed \$46 million with a \$14 million team option for a fifth



Former NBA MVP Allen Iverson, left, was traded for former NBA finals MVP Chauncey Billups, right, and Antonio McDyess.

year. The Pistons kept McDyess off the free-agent market by giving him a two-year contract extension, and they would love to have him back if the cost-cutting Nuggets buy out his contract.

The blockbuster deal comes two

games into the season for Detroit. The Pistons have been a model of consistency in recent years, but they were determined to transform their core following a third straight exit from the Eastern Conference finals last spring.

Billups returns to familiar surroundings — he was born in Denver and played in college at Colorado. McDyess also will be enjoying a homecoming of sorts, having been a Nugget from 1995 to 1997 and 1998 to 2002. LARRY LAGE (AP)

Hansbrough Is Unanimous Pick For All-America

COLLEGE HOOPS | It's no surprise Tyler Hansbrough made The Associated Press' preseason All-America team — this is his record third straight year as its leading vote-getter. For the first time, however, the North Carolina forward was a unanimous selection.



Hansbrough

Joining Hansbrough on the team Monday were UCLA guard Darren Collison, also a repeat from last year's pre-season team; Davidson guard Stephen Curry; Notre Dame forward Luke Harangody; and Oklahoma forward Blake Griffin.

Hansbrough, a 6-foot-9 senior and the reigning national player of the year, missed being a unanimous pick last season by one vote.

The last unanimous pick was Duke guard Jason Williams in 2001-02. (AP)

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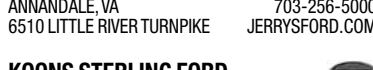
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Sports



Jimmie Johnson pits during the Dickies 500 race at Texas Motor Speedway on Sunday. Johnson finished 15th but still holds a big lead in the Sprint Cup standings.

Johnson Remains In Cruise Control

No. 48 car still in the driver's seat for title despite Edwards' win

AUTO RACING | There's no reason for Jimmie Johnson to panic. Not yet, anyway.

As frustrating as Johnson's race was at Texas, struggling to a 15th-place finish while Carl Edwards gambled on fuel and won by a wide margin, Johnson maintained a somewhat comfortable 106-point lead in NASCAR's Sprint Cup chase with two races left.

Still, Johnson knows that his third consecutive championship isn't quite wrapped up.

"Man, there's been a race the whole time. You just never know what's going to happen," Johnson said. "Now that comfort margin's even closed up more. So, it's still a race."

Edwards won for the second

consecutive week, squeezing a victory out of his last tank of fuel Sunday in the Dickies 500, slashing 77 points off his second-place deficit behind Johnson.

Johnson goes next week to Phoenix, where he's won the last two Cup races and finished seventh or better in the last six, looking to stretch his margin before the season finale. If Johnson finishes seventh or better in both races, there's no way he can lose the title.

"If I get stuffed in the fence the first run, I finish 43rd, they're right there," Johnson said. "My goal is to outrun those guys. My goal's to win the race, try to lead the most laps, gain points on those guys so that we go to Homestead with as many points as we can." STEPHEN HAWKINS (AP)

77

The number of points that Carl Edwards cut into Jimmie Johnson's Chase lead with his victory on Sunday.

TODAY'S TV LINEUP

CAPITALS (7:30 P.M. ON CSN) Fittingly, the Capitals play the Senators on Election Day. The good news for Washington is Alex Ovechkin will be back in the lineup.

SOCCER (2:30 P.M. ON ESPN2 AND 5 P.M. ON ESPN CLASSIC) Liverpool plays Atletico

Madrid, and Chelsea faces AS Roma in Champions League action.

COLLEGE FOOTBALL (7:30 P.M. ON ESPN2) Example No. 1 when there may be too much football on TV: 2-6 Miami (Ohio) plays Buffalo (4-4) in a MAC game the whole nation can watch.



PALIN 2012 CAMPAIGN ON TRACK: John McCain's running mate is more popular with Saturday Night Live viewers than he is. Sarah Palin's Oct. 18 appearance on the comedy show had higher ratings than McCain's guest stint this past weekend.

Entertainment

Flavor of the Season

There's nothing vanilla on David Alan Grier's 'Chocolate News'

KEEPIN' IT REAL | From a comedy standpoint, David Alan Grier is fine with whoever wins the election.

If Sen. Barack Obama becomes the nation's first black president, it could mean a wealth of material for "Chocolate News," Grier's fearless spoof of a black-oriented news magazine show.

"And if he loses," says Grier, chortling at how the pain of such a near-miss could be salvaged for laughs, "it's material for the next 500 years!"

Either way, Grier is having a ball with "Chocolate News," which airs on Comedy Central on Wednesdays (10:30 p.m.). The show bills itself as "the only source for pure, uncircumcised realness from an Afro-centric perspective" (in the bombastic words of DAG, the host Grier portrays).

The new series made clear right away that nothing in the black experience would be spared from its lampooning. In a single half-hour on last month's premiere, it targeted hip-hop culture, the N-word and Maya Angelou (with the chameleonic Grier letter-perfect as this literary grande dame, just one of



THE IMPRESSIONIST: From spot-on impersonations to political commentary, David Alan Grier presents an Afro-centric point of view to the American public.

many impersonations he nails in the show's field reports).

In a later segment that took its cue from film characters such as Tyler Perry's maternally domineering Madea, "Chocolate News" identified the Fat Black Momma Syndrome, a behavioral disorder afflicting black males who seek authority by dressing up like women.

The report had an update: "They just had the 'Million Black Men Who Don't Want to Dress Like Fat Black Mommas March' in Washington — but none of them dressed like fat black mommas, so no one listened."

In many ways, "Chocolate News" is a latter-day version of "In Living Color," the innovative Fox series starring Keenen Ivory Wayans on which Grier first proved his skill in sketch comedy two decades ago.

"America is grappling with cultural diversity," he says, "and I just want to put a show on that represents the world in which I live."

Who knows what "Chocolate News" will have to say this week? Not even Grier, who will guarantee topicality by taping in-studio segments only hours before airtime Wednesday. No matter which candidate wins the election, Grier will be ready for him on Day One.

FRAZIER MOORE (AP)



NO GOOD: Toby Keith's "That Don't Make Me a Bad Guy" lacks character.

Smooth Around The Edges

Toby Keith loses out by abandoning his familiar gritty style

MUSIC | Toby Keith has been among commercial country's steadiest franchises for 15 years, owing largely to his rough edges. The 47-year-old Oklahoma native alters that repertoire somewhat with "That Don't Make Me a Bad Guy," sticking to accessible, down-home rock even as his singing ranges from new directions to bland drains on his natural character.

Keith's wheelhouse is the sturdy, roughneck fare that oozes from the title track, a chugging array of flowing fiddle and steel-guitar twang that simmers with classically styled country beneath his bark.

His vocal crafting saps the character from the punchy "Time That It Would Take" and gets too smooth for his own good on plucky, banjo-lined "You Already Love Me." He doesn't need to barnstorm through every tune the way he does on the sanitized seediness of "Creole Woman," but the timid crooning of "She Never Cried in Front of Me" ventures further afield than his range allows.

THOMAS KINTER (THE HARTFOR COURANT)



Perhaps they will change the lyrics to "I want to hold your plastic guitar."

The Stuff of Legends

'Rock Band' creators have a Beatles video game in the works

PLAY | The music of the Beatles will start its journey across the digital universe next year as part of a new interactive video game being developed by the creators of the hit "Rock Band" game.

The Fab Four's recordings, the major holdout from availability in any digital form, will be part of a

still-untitled game, being described as a fully immersive and interactive experience, to be released for the 2009 holiday season, said Jeff Jones, chief executive of Apple Corps, the company the Beatles established in 1968 to oversee their business affairs.

"The project is a fun idea which broadens the appeal of the Beatles and their music," Paul McCartney said in a statement. "I like people having the opportunity to get to know the music from the inside out."

McCartney; Ringo Starr; John Lennon's widow, Yoko Ono; and George Harrison's widow, Olivia Harrison; have been and will continue to be directly involved in creating the game, Jones said.

"The Beatles continue to evolve with the passing of time, and how wonderful that the Beatles' legacy will find its natural progression into the 21st century through the computerized world we live in," Starr said.

RANDY LEWIS (LOS ANGELES TIMES)

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COWELL SAYS SOMETHING NICE: Simon Cowell has confirmed that Britney Spears will appear on his British talent show, "The X Factor." The pop princess will be performing her No. 1 single "Womanizer." "I'm really excited about it," Simon told the Daily Mail.

Entertainment

Setting a New Stage

Five-time Grammy winner John Legend is ready to fill arenas

Q&A | A platinum CD is hardly a disappointment, especially in these rocky times, when even veteran acts find it hard to crack the 1-million mark.

But John Legend admits to being slightly disappointed in the response to his last album, "Once Again." It's not that it was a flop compared to his debut, "Get Lifted," which also went platinum. And it's not like he didn't win accolades for of his sophomore CD: He earned a Grammy and now has five to put on his mantel.

But the retro-soul CD, while a critical and commercial success, didn't have any true breakout hits and didn't grow his audience like he had hoped.

So, with his new CD, "Evolver," Legend is aiming to become an art-

ist who can fill arenas, not just theaters. He has some big-time help: Not only is friend and mentor Kanye West back for an assist, but Legend also called in Andre 3000, Ne-Yo and Pharrell.

You say your new record features a new side of you.

One of the things that I was thinking was, "You know, I wanna go from a theater artist to an arena artist." And, part of my thinking when I was doing this was 'What album do I have to make to make that transition?' First of all, [I need] to make songs that are going to fill up an arena and feel like they belong in that big space, so I wanted to make bigger-sounding songs and more anthemic-sounding songs.

Do you think to be an arena artist you have to put yourself out in the media more or in the tabloids?

I don't want to. Coldplay doesn't have to. You don't read about Chris Mar-



LEGEND IN THE WORKS: The R&B singer has high hopes for his new record, "Evolver."

tin every day in the tabloids, Bruce Springsteen, any number of artists. You read about Lindsay Lohan all the time; her last album didn't sell that well, nor have her movies sold that well. So I don't think there's that strong of a correlation between tabloid coverage and album sales.

You've been an active Barack Obama supporter. Did you plan to be as involved as you have been?

Truth be told, I actually haven't done that many events. But they've been high-profile things, particularly the "Yes We Can" video was very high-profile and seen by so many people. So, it seems like I've been working nonstop for Obama even though it's only been six or seven days out of my time. But I'm glad to have even been able to have done that much.

Kanye is singing on his new album and your new CD. Have you given him any critiques on his vocal skills?

[Laughs] No, I haven't given him any critiques. I'm letting him do his thing. I think him and Auto-Tune are doing just fine together, and I guess I'm out of a job now; he's going to be able to sing all of his own hooks. **NEKESA MUMBI MOODY (AP)**

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CULT FOLLOWERS, REJOICE: Filming has started on Troy Duffy's sequel to his 1999 indie flick, "The Boondock Saints." Sean Patrick Flanery and Norman Reedus reprise their roles as Connor and Murphy MacManus, who seek revenge on the tough Boston underworld.

Entertainment

Tough Acts to Follow

Nickelback is nervous about living up to its reputation for success

HIGH STAKES | Chad Kroeger laughs when asked whether the phenomenal sales for 2005's "All the Right Reasons" gave confidence to Nickelback as it set out to make its sixth

studio album, "Dark Horse."

"No, because look what we have to try to live up to," says Kroeger, who co-founded the quartet in 1995 in Alberta, Canada. "There's a mountain sitting behind us. We've got to put something out now that's going to stand up to that."

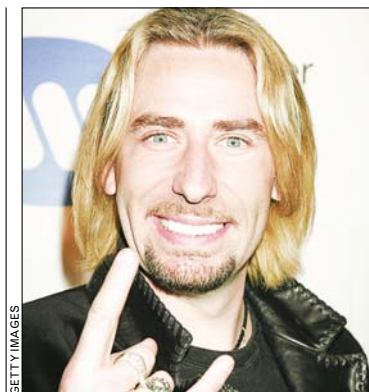
"Dark Horse," which comes out Nov. 18 on Roadrunner and was

co-produced by Mutt Lange, certainly has a target to clear. Buoyed by seven multi-format hit singles and five No. 1 videos — and apparently unaffected by widespread critical drubbing — "All the Right Reasons" has sold 10 million copies worldwide.

Kroeger — who started working with Lange ("The dude is my hero,"

he says) on "Dark Horse" in March in Switzerland — acknowledges that he "would've liked a longer break" for himself. But he also recognized it was time for more Nickelback music in the marketplace.

"If you're a fan of the band and you went out and got 'All the Right Reasons' the first week it was released, [you've been] waiting for new material for, like, three years now," Kroeger says. "So, it was definitely time for us to make sure that we had a new album and some new songs for the fans." **GARY GRAFF (BILLBOARD)**



Don't be fooled by his smile. Chad Kroeger feels the pressure of success.

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ZACK AND MIRI (R) 11:30, 1:15, 2:20, 4:20, 5:20, 7:10, 8:15, 10:00

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 11:10, 1:25, 1:55, 4:10, 4:40, 7:00, 9:50

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 11:40, 2:25, 5:10, 8:00

PRIDE AND GLORY (R) 1:30, 4:40, 7:40, 10:30

SAW V (R) 11:20, 12:50, 2:00, 3:30, 4:35, 6:10, 7:25, 8:10, 9:00, 9:55

MAX PAYNE (PG13) 11:25, 2:05, 5:00, 7:35, 10:05

SEX DRIVE (R) 5:40

BODY OF LIES (R) 2:10, 5:05, 8:05

QUARANTINE (R) 1:00, 4:05, 6:35, 8:55

BEVERLY HILLS CHIHUAHUA (PG) 12:15, 2:30, 4:50, 7:05, 9:20

NICK & NORAH'S INFINITE PLAYLIST (PG13) 12:30, 5:30, 10:25

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CHANGELING (R) 12:45, 4:00, 7:15, 10:30

ROCKNROLLA (R) 1:40, 4:45, 7:30, 10:20

PASSENGERS (PG13) 2:55, 7:55

THE SECRET LIFE OF BEES (PG13) 1:10, 3:55, 6:45, 9:40

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PRIDE AND GLORY (R) 10:25, 1:30, 4:30, 7:35, 10:30

SAW V (R) 11:30, 2:00, 4:35, 6:10, 7:05, 8:40, 9:45

MAX PAYNE (PG13) 10:40, 1:20, 4:10, 7:15, 9:40

BODY OF LIES (R) 12:10, 3:20, 6:30, 9:30

BEVERLY HILLS CHIHUAHUA (PG) 10:05, 12:30, 3:05, 5:25, 7:50

NICK & NORAH'S INFINITE PLAYLIST (PG13) 10:05 PM

AMC SELECT

CHANGELING (R) 10:00, 1:50, 5:00, 8:20

ROCKNROLLA (R) 11:10, 1:50, 4:40, 7:25, 10:10

THE SECRET LIFE OF BEES (PG13) 10:50, 1:35, 4:15, 7:00, 10:00

W. (PG13) 10:15, 1:05, 3:55, 6:55, 9:50

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441

DIGITAL PRESENTATION

NICK & NORAH'S INFINITE PLAYLIST (PG13) 2:50, 5:10, 7:35, 9:55

ZACK AND MIRI (R) 2:10, 4:45, 7:15, 9:50

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 2:30, 5:15, 8:00, 10:30

PRIDE AND GLORY (R) 1:05, 4:05, 7:05, 10:10

PRIDE AND GLORY (R) 1:05, 4:05, 7:05, 10:10

SAW V (R) 2:25, 4:40, 7:00, 9:25

BODY OF LIES (R) 1:25, 4:25, 7:25, 10:25

AMC SELECT

CHANGELING (R) 3:15, 4:30, 6:30, 7:45, 9:45

ROCKNROLLA (R) 1:15, 4:00, 6:45, 9:35

THE SECRET LIFE OF BEES (PG13) 1:30, 4:10, 6:50, 9:30

W. (PG13) 1:10, 4:20, 7:30, 10:35

THE DUCHESS (PG13) 2:20, 5:00, 7:40, 10:20

APPALOOSA (R) 1:40

RELIGIOUS (R) 3:00, 5:30, 8:05, 10:30

BURN AFTER READING (R) 1:00, 3:20, 5:45, 8:15, 10:25

✓-SPECIAL ENGAGEMENT No passes or discount coupons

CC - Closed Captioning - DV - Descriptive Video Service

AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886
703-998-4262

THE IMAX EXPERIENCE

EAGLE EYE: THE IMAX EXPERIENCE (PG13)
11:10, 2:00, 4:50, 7:35, 10:20

DIGITAL PRESENTATION

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G)
10:15, 1:00, 3:45, 6:30, 9:15

THE HAUNTING OF MOLLY HARTLEY (PG13) 11:25, 1:55, 4:20, 6:50, 9:10

ZACK AND MIRI (R) 11:30, 2:10, 4:40, 7:25, 10:00

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 10:55, 11:35, 1:40, 2:20, 4:25, 5:05, 7:10, 7:50, 9:55

PRIDE AND GLORY (R) 10:05, 1:15, 4:10, 7:20, 10:20

SAW V (R) 11:15, 12:05, 1:45, 2:35, 4:15, 5:10, 6:45, 7:40, 9:20, 10:15

MAX PAYNE (PG13) 10:05, 12:35, 2:55, 5:30, 8:00, 10:25

BODY OF LIES (R) 9:55, 12:55, 3:55, 6:55, 9:50

QUARANTINE (R) 7:00, 9:25

BEVERLY HILLS CHIHUAHUA (PG) 10:10, 12:30, 3:00, 5:25, 7:55, 10:25

EAGLE EYE (PG13) 10:00, 12:50, 3:50, 6:40, 9:30

AMC SELECT

CHANGELING (R) 12:00, 3:15, 6:35, 9:45

ROCKNROLLA (R) 11:20, 2:05, 4:45, 7:30, 10:30

PASSENGERS (PG13) 10:30 PM

THE SECRET LIFE OF BEES (PG13) 11:00, 1:50, 4:30, 7:15, 10:05

W. (PG13) 10:00, 1:05, 4:05, 7:05, 10:10

FIREPROOF (PG) 10:20, 1:10, 4:00

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-4AMC

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 2:00, 4:20, 6:50

PRIDE AND GLORY (R) 4:00, 7:00

SAW V (R) 3:30, 5:40, 8:00

MAX PAYNE (PG13) 3:10, 5:30, 7:50

NIGHTS IN RODANTHE (PG13) 2:50, 5:00, 7:30

AMC SELECT

CHANGELING (R) 4:10, 7:20

THE SECRET LIFE OF BEES (PG13) 2:10, 4:40, 7:10

THE DUCHESS (PG13) 2:40, 5:10, 7:40

MAGIC JOHNSON CAPITAL CENTRE 12

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301-324-4220

ZACK AND MIRI (R) 12:05, 2:30, 5:00, 7:30, 9:55

HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 1:30, 4:15, 7:00, 9:45

PRIDE AND GLORY (R) 1:15, 4:05, 7:15, 10:05

SAW V (R) 12:15, 1:45, 2:45, 4:30, 5:15, 6:45, 7:45, 9:15, 10:15

MAX PAYNE (PG13) 1:25, 4:25, 6:55, 9:25

QUARANTINE (R) 4:35, 9:35

BEVERLY HILLS CHIHUAHUA (PG) 12:45, 3:15, 5:30, 7:50, 10:00

EAGLE EYE (PG13) 1:05, 4:25, 7:25, 10:10

LAKEVIEW TERRACE (PG13) 1:35, 7:05

TYLER PERRY'S THE FAMILY THAT PREYS (PG13) 12:10, 2:40, 5:10, 7:40, 10:15

AMC SELECT

ROCKNROLLA (R) 1:20, 4:20, 7:20, 10:05

THE SECRET LIFE OF BEES (PG13) 1:10, 4:10, 7:10, 10:10

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

AMC SELECT

WHAT JUST HAPPENED (R) 2:10, 5:00, 7:40

HAPPY-GO-LUCKY (R) 1:50, 4:30, 7:10

THE SECRET LIFE OF BEES (PG13) 2:20, 4:50, 7:20

THE DUCHESS (PG13) 2:00, 4:20, 7:00

APPALOOSA (R) 4:10

RACHEL GETTING MARRIED (R) 1:40, 4:20, 7:00

RELIGIOUS (R) 2:30, 4:45, 7:50

BURN AFTER READING (R) 1:30, 7:30

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

AMC SELECT

W. (PG13) 2:00, 5:00, 8:05

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Television



UNFORGETTABLE: Christina Applegate is making quite an impression with "Samantha Who?," her sitcom about a vice president of a realty firm with retro-grade amnesia. ABC recently ordered another seven episodes of the series.

Battle of the News Outlets

McCain and Obama aren't the only folks dueling it out tonight

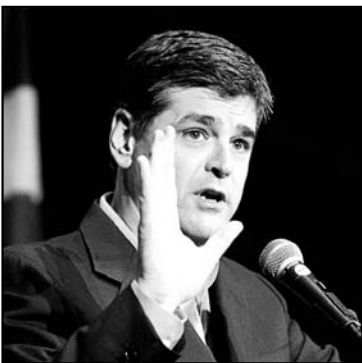
TAKING SIDES | Poll watching and election coverage (6 p.m. on CNN, Fox News, MSNBC, BBC America; 6:30 p.m. on ABC, CBS, NBC; 7 p.m. on TV One; 8 p.m. on Fox; 10 p.m. on PBS) should dominate prime time and beyond.

Which TV networks and personalities will emerge as winners and losers tonight? MSNBC has virtually turned over its prime-time schedule to advocate for Sen. Barack Obama. But its ratings might suffer if he wins. Having thrived on opposition, Keith Olbermann and Rachel Maddow may seem dull supporting a sitting president.



OPENLY BIASED: Keith Olbermann, on the political (and literal) left, and Sean Hannity have let reporting fall by the wayside throughout the 2008 presidential election.

Conversely, Fox News, and particularly Sean Hannity's program, has been the place to turn to for anti-Obama news, rumors and innuendo. Again, its ratings would probably not be enhanced by a Sen. John McCain victory. Like Talk Radio, Fox News exploded during the Clinton years,



so you have to figure its management would be more than comfortable as the voice of the opposition.

So, no matter who emerges as our next president, one of the cable-news outlets could win by losing. Or lose by winning. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

PRESIDENCY SHMRESIDENCY

Viewers looking for an alternative to politics can turn to a marathon of movies featuring the Italian Stallion in **ROCKY** (5:30 p.m., AMC), **ROCKY II** (8 p.m.) and **ROCKY III** (10:30 p.m.).

SKY FIGHTING

NOVA (8 p.m., PBS) repeats a look at the jet dogfights of the Korean War and the search for evidence of a downed American pilot.

FOR THE SHALLOW

Escape politics with three consecutive episodes of **PARIS HILTON'S MY NEW BFF** (8 p.m., MTV).

VAGARIES

Three hours of adventure, heroism and survival unfold on **MOST AMAZING MOMENTS** (8 p.m., National Geographic).

STILL LIFE

HALF TON MAN (8 p.m., TLC) profiles a bed-ridden Nebraska man who weighs 1,072 pounds.



UNDECIDED: Apathetic parties can catch "Paris Hilton's My New BFF."

INSERT CLINTON JOKE

Mike Rowe discusses past presidents who held dirty jobs on **DIRTY JOBS** (9 p.m., Discovery).

COMIC RELIEF

Jon Stewart and Stephen Colbert co-host **INDECISION '08: AMERICA'S CHOICE** (10 p.m., Eastern, Comedy Central) a live election comedy special. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

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Election Night Lights

Where to go tonight is the second-biggest call you'll make today

GET MORE tips on Election Day activities, including free food, at expressnightout.com

PARTY POLITICS | Choosing where to watch election returns is serious business.

Home-grown election parties can be great, but some occasions are meant to be celebrated in big, unruly groups. What better time is there to experience the unfettered joy of hugging a complete stranger than when the candidate you believe in gets a chance to run the country?

If getting out of the house gets your vote, here are some spots that will happily host you, no matter your political affiliation.

The screens don't get much bigger than the Cinema 'N' Draft-



Victory and location are key ingredients for a raucous election night celebration.

house's twins in Arlington and Silver Spring. The big screens will show CNN; smaller TVs will air

other networks, including Comedy Central.

Plan to drink the night away?

Topaz Bar has election-themed food and drink specials all night. Donkey- and elephant-inspired cocktails will go for \$5, as will appetizers such as wasabi fish and chips, or spring rolls. Your candidate might not win, but at least your stomach will be happy.

Finally, there's the Capitol Lounge. Approach it with caution: This bar is normally unbelievably loud, and on election night it may turn into an all-out rave. There will be 30 TVs showing the returns and beer dyed red or blue. **FIONA ZUBLIN (EXPRESS)**

→ **Arlington Cinema 'N' Drafthouse**, 2903 Columbia Pike, Arlington; 703-486-2345.

→ **Montgomery Cinema 'N' Drafthouse**, 11006 Veirs Mill Road, Silver Spring; 301-949-9200.

→ **Topaz Bar**, 1733 N St. NW; 202-393-3000. (Dupont Circle)

→ **Capitol Lounge**, 231 Pennsylvania Ave. SE; 202-547-2098. (Capitol South)

thescene



Rami Kashou visits the Phillips for drinks and chats on Thursday.

WEDNESDAY

The Sisters of Mercy: Fans of goth should be out in full force. 9:30 Club, 815 V St. NW; 7 p.m., \$25; 202-265-0930. (U St.-Cardozo)

Otis Taylor: The string instrumentalist presents the Black Banjo Project. Blues Alley, 1073 Wisconsin Ave. NW; 8 & 10 p.m., \$25; 202-337-4141.

Frank McCourt: The "Angela's Ashes" author recounts his childhood in western Ireland. National Museum of Natural History, 10th Street and Constitution Avenue NW; 7 p.m., \$28; 202-633-3030. (Smithsonian)

THURSDAY

Phillips After 5: "Project Runway" alum Rami Kashou will be on hand to talk fashion over cocktails. Phillips Collection, 1600 21st St. NW; 5 p.m., \$15; 202-387-2151. (Dupont Circle)

James Cotton: A prolific blues-harpist. Wolf Trap, 1635 Trap Road, Vienna; 8 p.m., \$25; 703-255-1900.

War: A funk group from the '70s melds a variety of influences. Blues Alley, 1073 Wisconsin Ave. NW; 8 & 10 p.m., \$45-\$50; 202-337-4141.

FRIDAY

Joel McHale: The host of "The Soup" does stand-up. Warner Theatre, 13th and E streets NW; 8 p.m., \$33.50; 202-397-7328. (Metro Center)

The Gutter Twins: Alt-rock from two staples of the '90s. Black Cat, 1811 14th St. NW; 9 p.m., \$20; 202-667-7960. (U St.-Cardozo)

Explore our searchable list of the area's events, venues, restaurants and movies at expressnightout.com/thescene.

topstops



Take It Nice And Slow

One thing's for sure about Usher's show at the Warner Theatre:

There's no excuse

for the R&B singer's fans to smell ripe. Seriously: The dude released a cologne and perfume last year. It's hard not to wonder whether Usher's

lost his focus. This year's "Love in This Club," while a chart pleaser, wasn't exactly mind-blowing. Still, if you have a sweet spot for his early tuneage — "My Way," "Nice & Slow" and "You Make Me Wanna" — give yourself a spritz and see what the 30-year-old has to offer. Because if the recent packed-to-the-rafters New Kids on the Block show at Verizon Center was any proof, '90s nostalgia is so hot right now. **K.C.**

→ **Warner Theatre**, 13th and E streets NW; 8 p.m., \$120; 202-783-4000. (Metro Center)

With No Handlebars

The Flobots take the best of hip-hop and abscond with it to the world of alternative rock. They grabbed the rhythms and the love of rhyme, and left the pervasive misogyny. In its place are sharp, funny, politically aware lyrics that have gained massive public exposure with "Handlebars," their breakout hit. But you'll have just as much fun at their 9:30 Club concert as you would with regular hip-hop. For even more political hip-hop — if you're not sick of everything political — get there early for **Blue Scholars**, a socially-conscious duo from Seattle. **F.Z.**

→ 9:30 Club, 815 V St. NW; 10 p.m., \$20; 202-265-0930. (U St.-Cardozo)



Une Très Jolie Voix

Angelina shouldn't be the only Jolie you know about. Mainly based in folk, Jolie Holland's versatile voice can careen gracefully through her alt-country songs, like "Spooky Little Pony," as easily as through her more jazz-tinged tunes, like "Damn Shame." That ephemeral, genuine voice is set against a pared-down acoustic backdrop on her album "The Living and the Dead," released in October. Catch her performing some of her new songs at Iota in Arlington on Tuesday. Oh, and don't worry about missing any Election Day coverage while you're there; they'll be showing it in the cafe and on the patio. **KELSEY PARRISH**

→ **Iota**, 2832 Wilson Blvd., Arlington; 8:30 p.m., \$12; 703-522-8340. (Clarendon)



Compiled by Express' Kris Coronado and Fiona Zublin. Read more of their picks every day at expressnightout.com/topstops.

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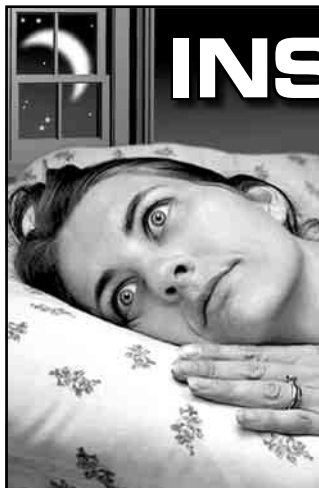
As part of the Registry, we will determine if you are eligible for new and current studies done here at Georgetown, and then contact you to see if you are interested in learning more. You can then decide if you want to participate in the research study.

Participants in the Registry will only be asked to fill out a brief questionnaire about your health and lifestyle information.

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Subjects will receive a small gift for participating. Other studies you may decide to take part in may also offer compensation for participation.

If you are interested in joining the Registry, please contact us at **202-687-8731** or **studysubjectregistry@georgetown.edu**.



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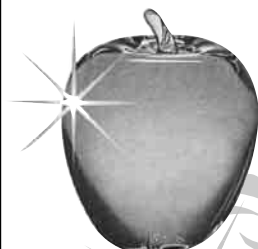
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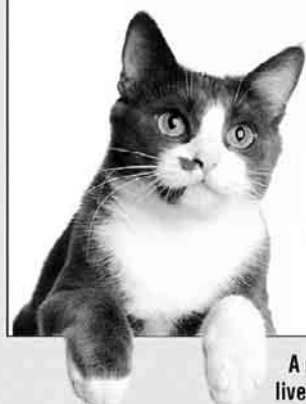
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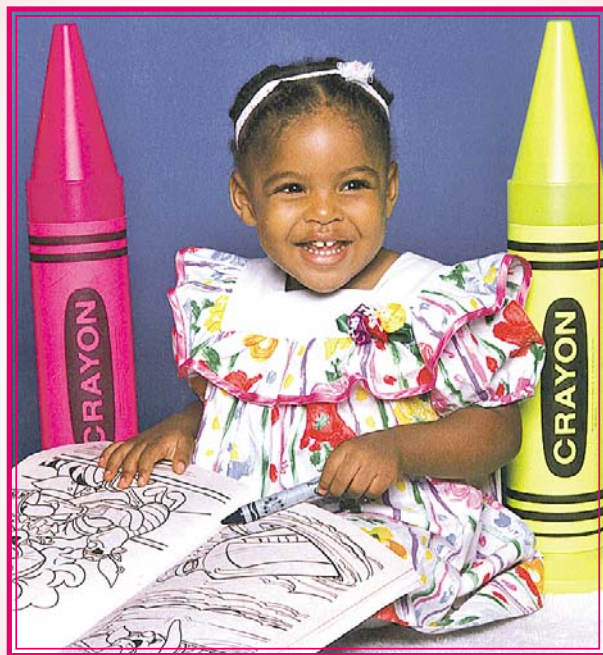
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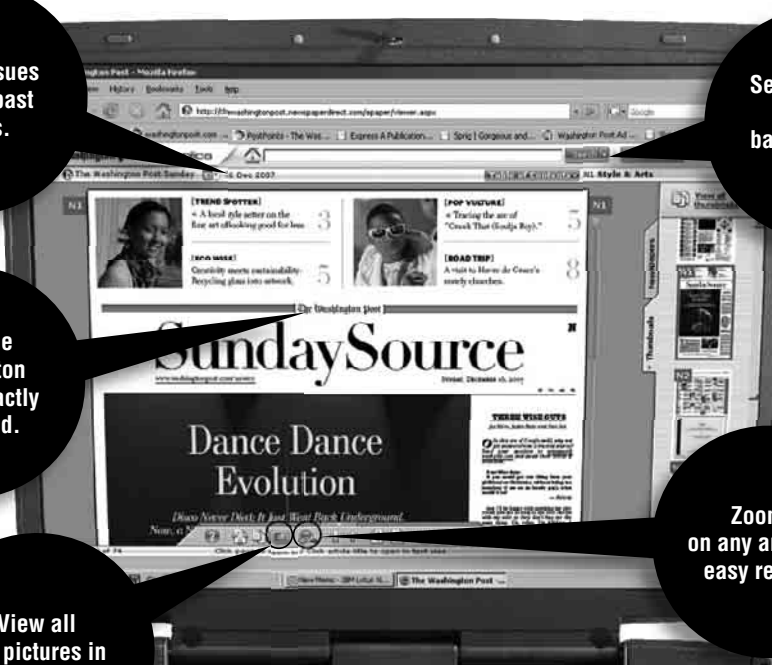
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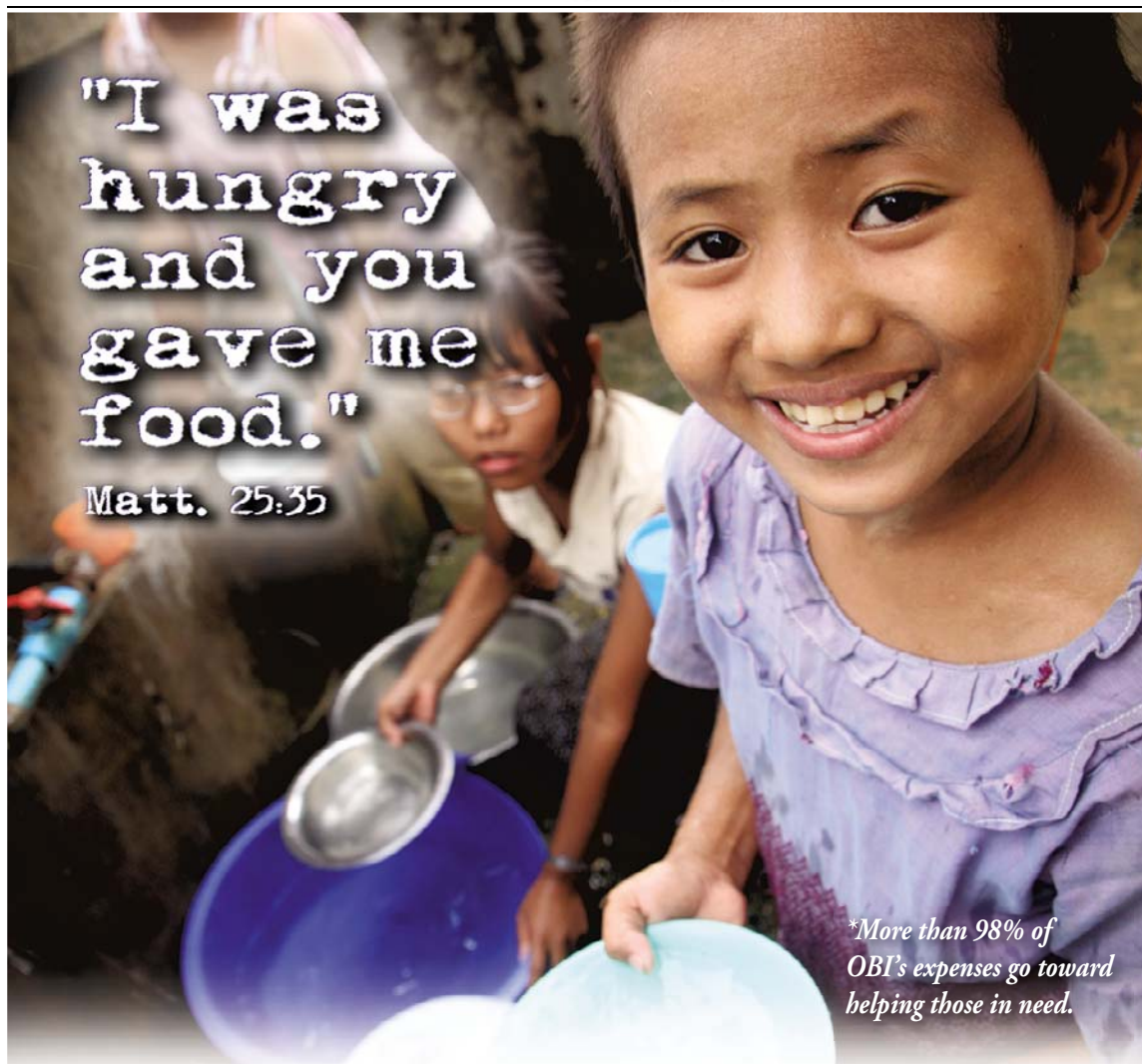
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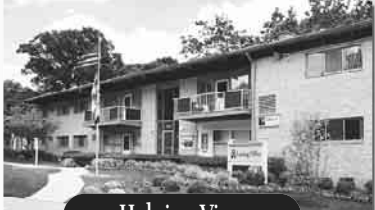
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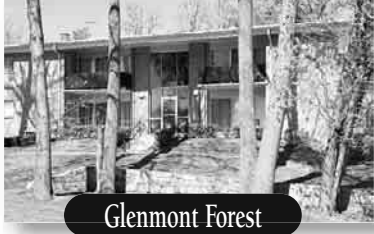
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LOOK out

*TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

INSIDE

Cohen adopts
alter ego for
Prop 8 | 42



Blog Log: There's no
excuse not to vote | 40

Discussions: TV and
teen pregnancies | 40

Transportation

Rail travel is regaining popularity in certain parts of the country

After half a century as more of a curiosity than a convenience, passenger trains are gaining popularity in some parts of the nation.

“I think we’re at a transformational point in intercity passenger rail service.”

JAMES OBERSTAR, CONGRESSMAN

The high cost of energy, coupled with congestion on highways and at airports, is drawing travelers back to trains not only for commuting but also for travel between cities as much as 500 miles apart.

Californians are considering selling billions of dollars worth of bonds to get going on an 800-mile system of bullet trains that could zip along at 200 miles per hour, linking San Francisco and San Diego and the cities in between.

In the Midwest, transportation officials are pushing a plan to connect cities in nine states in a hub-and-spoke system centered in Chicago.

The public is ahead of policymakers in recognizing trains as an attractive alternative to cars and planes, said Rep. James Oberstar, chairman of the House Transportation and Infrastructure Committee. “I think we’re at a transformational point in intercity passenger rail service,” said Oberstar, D-Minn.

Amtrak, the passenger rail service that struggled for years to attract riders, drew a record 28.7 million in the year ending Sept. 30. That is 11 percent more than the

year before and the sixth straight year that ridership has increased. Ticket revenue hit a record \$1.7 billion, a \$200 million increase from a year earlier.

Rail travel is gaining greater favor in Congress, which provides the subsidies needed to keep Amtrak rolling. Lawmakers are trying to find ways to deal with high energy prices, congested and aging roads and bridges, and an air traffic control system that relies largely on World War II-era technology.

Congress passed legislation in October that sets a goal of providing \$13 billion over five years to Amtrak; it’s a major vote of confidence for the railroad. The measure also encourages development of high-speed rail corridors and contains \$2 billion in grants to states to enhance or introduce new service between cities. The money still must be appropriated.

President Bush, an Amtrak critic who has opposed anything more than minimal money for the rail service over the past eight years, signed the bill Oct. 16.

With the economy in crisis and credit tightening, rail supporters acknowledge there is uncertainty



ALL ABOARD: Commuters board a train in New York. The two main presidential candidates disagree over rail travel expansion.

Back on Track

rail system could help reduce congestion at California airports, lessen dependence on foreign oil and decrease greenhouse gases. Critics say the money would be better invested in urban transit systems and highway construction.

In the Midwest, expansion of the passenger rail network is supported by Democratic presidential nominee Sen. Barack Obama, D-Ill. Obama’s transportation plan pledges support for Amtrak and calls for development of high-speed rail networks across the country as a means to conserve energy and boost the economy.

His Republican opponent, Sen. John McCain, has been a persistent critic of Amtrak’s reliance on subsidies. Obama co-sponsored the recent Amtrak bill; McCain, R-Ariz., voted against it.

Gov. Ed Rendell, D-Pa., said higher gas prices and concern about dependence on foreign oil has made people more willing to invest in passenger rail.

“There is an appetite for city-to-city rail,” Rendell told reporters recently. “Why should we be different than any other country in the world? You go to Europe and you can’t get an airplane to a city less than 200 miles away.” JOAN LOWY (AP)



Passengers who traveled on Amtrak arrive in Washington, D.C., from Chicago.

in securing all the money, especially when competing with highway and aviation lobbies for any additional transportation dollars.

Unlike Europeans, whose cities are connected by passenger rail networks, relatively few Americans travel by rail except in the popular corridor from Washington to Boston, in parts of California and on routes extending from Chicago. Outside the Northeast, ticket fares usually do not cover direct operating costs.

Still, some states are pushing for more and better passenger train service. In California, voters will decide Tuesday whether to launch the most ambitious rail project undertaken by any state. The ballot measure would authorize nearly \$10 billion in bonds to pay for planning and construction.

Proponents say a high-speed

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MUSIC

Micro Giants

If you're the type of person who follows music blogs, or Converse shoe ads, you're probably familiar with buzz band Deerhunter. The popular psychedelic rockers play at the Black Cat on Tuesday, and drummer Moses Archuleta spoke to Aaron Leitko about the band's new album, "Microcastle." | COMING UP



CD REVIEW

Paths of Rhythm

It's been nine years since Q-Tip released his last solo CD, though the charismatic rapper from A Tribe Called Quest has recorded at least two records worth of rejected material. But his new album, "The Renaissance," has finally come out, and Alfredo Flores has a review. | COMING UP

INTERACT

Share Your Voting Story

Trips to the polls are full of sights and sounds: throngs of older voters trading opinions, lines snaking around the block, sign-toting partisans. We want to hear about what you saw. Log onto our site after you vote and fill us in — and read other voters' dispatches. | ONLINE NOW



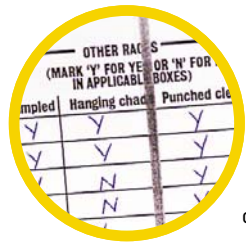
poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

WILL THE PRESIDENTIAL ELECTION BE CLOSE OR WILL ONE CANDIDATE WIN IT DECISIVELY?

CLOSE 50%

NOT CLOSE 50%



"The election is going to be considerably closer than what the populace and the media expect, with more than a few surprises. Hopefully, though, it won't be like the 2000 election."

COMMENTER TSCREAM80, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "WILL THE PRESIDENTIAL ELECTION BE CLOSE OR WILL ONE CANDIDATE WIN IT DECISIVELY?"

Obama is going to win big. Of course, the McCain supporters will blame it on ACORN and voter registration fraud, which had nothing to do with actual voting."

COMMENTER GREGORYS, WHO ADDED, "THE COUNTRY AND THE WORLD [DO] NOT WANT [SEN. JOHN] MCCAIN AS PRESIDENT."

Based on the number of fraudulent voter registrations, I think the count will be heavily in [Sen. Barack] Obama's favor."

COMMENTER MZ, WHO ADDED, "THE DEMOCRATS HAVE A BETTER CHEATING SYSTEM SET UP AND [THEY] HAVE THE BACKING OF THE MEDIA, WHICH WILL HELP IN A COVER-UP."

SEE HOW YOUR METRO STATION VOTED AT EXPRESSNIGHTOUT.COM/POLLCENTER

Blog LOG

"I have eaten every single Milk Dud in the house. We had far less trick-or-treaters than we were expecting, and we had lots of leftover candy."

SARAHANDTHEGOONSQUAD.COM HAS OVERDOSED ON THE CHOCOLATE-COVERED CAMELS, ADDING, "NOW WHAT THE HELL AM I SUPPOSED TO EAT?"



ETHAN MILLER/GETTY IMAGES

"If there is one excuse, however, that simply cannot be tolerated, it's the idea that the president is a figurehead who doesn't do anything."

GREENPIECEBLOG.COM CANNOT STAND THAT REASONING FOR PEOPLE CHOOSING NOT TO VOTE IN THE PRESIDENTIAL ELECTION, ADDING, "NOTHING COULD BE FURTHER FROM THE TRUTH."



"USING YOUR VOICE

in the Democratic process is a serious aphrodisiac.

Besides, there might be a really hot guy or girl at the [polling center] waiting in line behind you."

INFINITECONNECTIONS.BLOGSPOT.COM HAS AN ALTERNATIVE METHOD FOR GETTING PEOPLE OUT TO VOTE, ADDING, "OK, MAYBE I'M STRETCHING A BIT."

"I'm back in D.C. after a week on the campaign trail. I had an awesome, though very tiring time. I did so much waving, handing out literature, and holding signs, that my right arm and shoulder began to ache by mid-week."

SALTWARFARE.BLOGSPOT.COM IS RELATIVELY GLAD TO SEE THE CAMPAIGNS COME TO END, FOR THE SAKE OF HER HEALTH.

Discussions

Teen Pregnancy

Post staff writer **ROB STEIN** and **ANITA CHANDRA**, a researcher at RAND Corp., were online Monday to discuss a new study in the journal of the American Academy of Pediatrics about the correlation of teen pregnancy and TV programs that have sexual content.

Doesn't this study highlight the woeful lack of real, comprehensive sex education in this country?

Our analysis did not examine sex education — abstinence only or comprehensive — so we do not know the role this education has on the risk of a teen pregnancy. What we can say is that if teens are getting any of their information about sex from television, they are rarely getting discussions of

potential outcomes such as pregnancy and sexually transmitted diseases.

Correlation doesn't prove causation. Is it likely that the kids who watch these shows are predisposed for some other reason to sexual activity?

That is a concern that several other researchers I interviewed mentioned. And there's no way to be sure that this is a causal effect. But the researchers did take a number of factors into consideration to try to rule out other explanations.

I'm extremely skeptical about the ability of studies like this to separate cause and effect. Doesn't it make sense that teenagers who are more sexually active will be more likely to watch television with sexual content? How do you know which is the cause and which is the effect? Yes, that's definitely a concern. And

it's true that this study could not rule that out. The researchers did, however, account for a variety of other factors associated with teen pregnancy in an attempt to take that into consideration. And the fact that they followed the teens over time gives them more confidence in the findings.

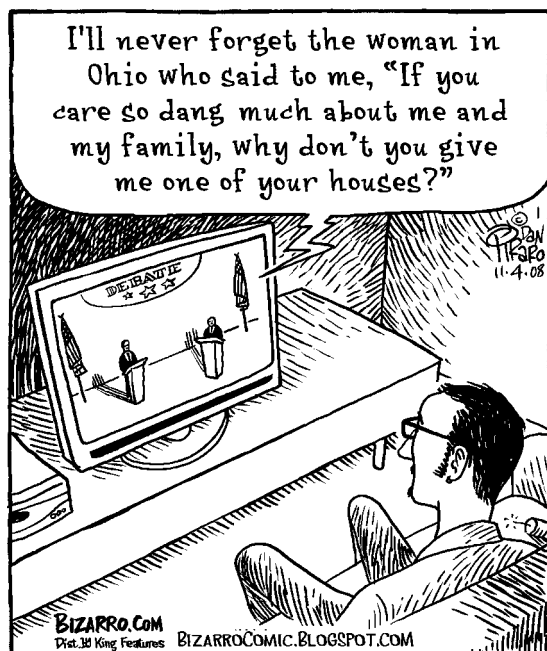
Did the study show whether a certain minority is more likely to become pregnant?

The researchers did find that black teens do have a higher risk for pregnancy, reflecting what a lot of previous research has found. But they weren't able to explore whether TV viewing affected different racial groups differently.

TODAY ON DISCUSSIONS:

Washington Post associate editor Robert G. Kaiser breaks down the general election returns at 7 p.m. | washingtonpost.com/discussions.

Bizarro | Dan Piraro

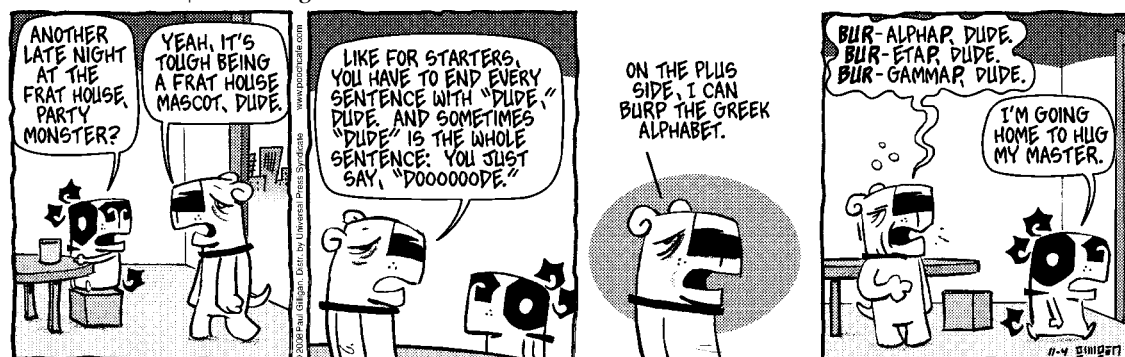


Cornered | Mike Baldwin



"He won't be going to school for another five years. Until then shouldn't he get a job or something?"

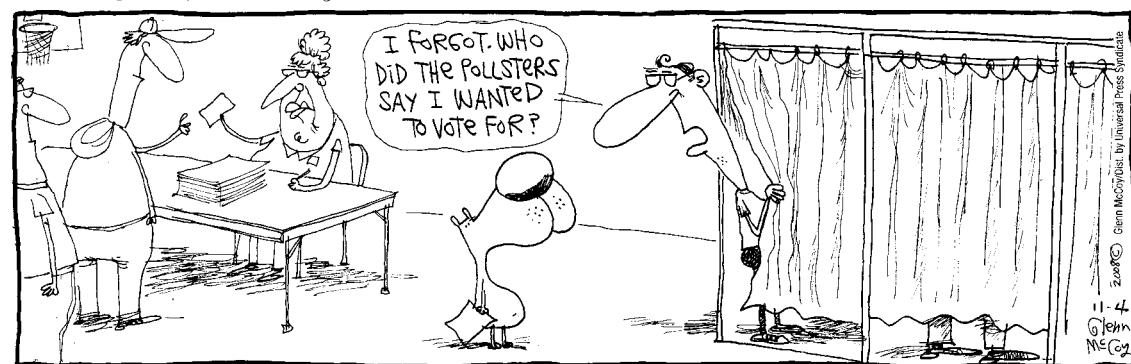
Pooch Cafe | Paul Gilligan



Pearls Before Swine | Stephan Pastis



The Duplex | Glenn McCoy



Horoscope

By Stella Wilder

SCORPIO (Oct. 23-Nov. 21) The secret of your success is not widely known — but you're of a mind to share it with someone close to you who can benefit in an unusual way.

SAGITTARIUS (Nov. 22-Dec. 21) This is a good day for you to repay those who have done so much for you in the past. You can say thank-you with a special service of your own.

CAPRICORN (Dec. 22-Jan. 19) Though you may find yourself in a new position of authority, you must remember to take it easy; avoid being overly demanding.

AQUARIUS (Jan. 20-Feb. 18) You may be waiting for someone to get in touch with you — but there is much you can accomplish even while you wait. Don't waste time.

PISCES (Feb. 19-March 20) You must prepare yourself for the worst, even though you should be able to keep anything truly negative from materializing at this time.

ARIES (March 21-April 19) Incompatibility is likely to prove your single greatest stumbling block. You may have to rebuild your team in order to get results.

TAURUS (April 20-May 20) It's up to you to speak persuasively though honestly to those who are listening. Begin with people who understand your methods.

GEMINI (May 21-June 20) When your blood is up, you'll want to avoid any last-minute decisions — or you may disappoint and drive away those closest to you.

CANCER (June 21-July 22) You are willing and eager to explore your options in a new and more aggressive fashion. During evening hours, an old relationship demands attention.

LEO (July 23-Aug. 22) You can get a great deal done even while others are taking some time off. While others are out of your hair, you can score a major coup.

VIRGO (Aug. 23-Sept. 22) You may be impractical, but just by following your instincts you are likely to surge ahead in a very real sense, scoring very real points.

LIBRA (Sept. 23-Oct. 22) You're in for something of an adventure if you sign on with someone who is traveling away from home at this time. Take precautions.

Letters

Guns Are Not the Solution

REGARDING THE THREE youths who were shot Saturday in Silver Spring, one fatally ("Teen Fatally Shot on Ride On Bus in Montgomery County," Nov. 3), I suppose that the NRA would argue that the

youths should have been armed and should have fired back. Would the NRA argue that the bus driver should also have been armed and should have fired? Should all the bystanders have been armed, too, and used their weapons? Would the NRA then argue that nobody would have been hurt?

—NICOLAS KOTSCHOUBEY
Silver Spring, Md.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1922 The entrance to King Tutankhamen's tomb is discovered in Egypt.

1979 The Iran hostage crisis begins as militants storm the U.S. Embassy in Tehran, seizing its occupants.

2003 After a conservative outcry over a made-for-TV movie about former president Ronald Reagan, CBS scraps plans to televise "The Reagans," sending it off to the Showtime cable network instead.

2007 Paula Radcliffe outlasts Gete Wami to win



Radcliffe wins the N.Y.C. Marathon.

her second New York City Marathon in 2:23:09. Martin Lel of Kenya wins his second men's title, in 2:09:04.

PostPoints DAILY CODE MC

LOOK

out

People



Perm fumes can't dull a blinding smile.

MARATHON
Maiden's 26.2-Mile Escape Route Fails to Confuse Ogre
Newlywed shock jock **HOWARD STERN** was on hand to cheer on his new bride in the New York City Marathon in style. Beth Ostrosky, 36, finished the race Sunday in 4 hours, 15 minutes. "This was the happiest day of my life," she said. (AP)

ALIMONY
Minister of Silly Walks Forced to Take Second Job
JOHN CLEESE is happy to be single again but resents having to pay millions to divorce his third wife, Alyce Eichelberger. The actor, 69, voiced anger at the more than 1 million pounds a year he has to pay to "feed the beast." (AP)



UNDERCOVER
Proposition 8: I Like
SACHA BARON COHEN went undercover as alter ego Bruno on Sunday at a rally in support of a ballot measure that would ban gay marriage in California. The British comedian is working on a film based on his character Bruno, an Austrian fashion reporter. Cohen, in disguise, marched with demonstrators who support Proposition 8 near City Hall in Los Angeles. (AP)



RALLY
Democrats In Diamonds Cut Fear And Glass
On Sunday afternoon, Jay-Z, **SEAN "DIDDY" COMBS**, Mary J. Blige and record exec Kevin Liles told voters in south Florida not to be scared away from the polls by long lines. "It's bigger than us," Combs said. "We have to do it for our children; we have

Diddy & company excited a crowd of 800 in Miami.
to do it for the people that died for us to have the right to vote." Said Liles: "We stood in line to get the new Lil' Wayne CD. We stood in line to get a new pair of Jordans. We stood in line to get in here. So, we ain't afraid of no lines." (AP)

ACQUITTED
Actor's Vacant Stare Burns Hole Through Jurors' Souls
It's a most excellent outcome for **KEANU REEVES**: The "Matrix" star doesn't owe a dime to the paparazzo who sued him. After deliberating for less than three hours, jurors unanimously rejected the civil law-



suit Monday, ruling that Reeves is not responsible for the photographer's alleged injuries. Alison Silva had asked the jury to award him \$711,974. The actor declined to comment. (AP)

CONDITIONS
Man Misreads Instructions, Makes Wife 'Supermother'
The host of "Make Me a Supermodel," **NIKKI TAYLOR**, is expecting her first child with her husband, race car driver Burney Lamar. The former model, 33, has 13-year-old twins and is due in March. It is unlikely Taylor's pregnancy will fade her all-American hotness. (EXPRESS)

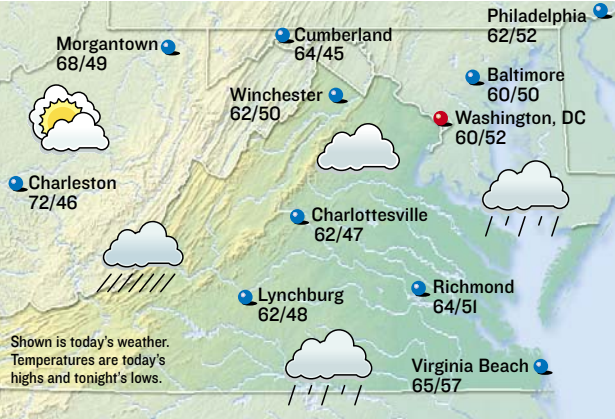


Nikki Taylor on the set of "Supermodel."

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly cloudy, rain	Cloudy, rain	Mostly cloudy, rain	Partly sunny	Variably cloudy, shower late	Mostly cloudy
60°	52°	54° / 51°	65° / 52°	69° / 52°	61° / 44°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.
Temperature
High 58°
Low 49°
Normal high 62°
Normal low 43°
Average humidity 76%

Precipitation

24 hours ending 4 p.m. Trace
Month to date Trace
Normal month to date 0.30"
Year to date 41.09"
Last year to date 28.19"
Normal year to date 33.68"

For up-to-the-minute weather, see:
washingtontimes.com/weather

Regional Forecast

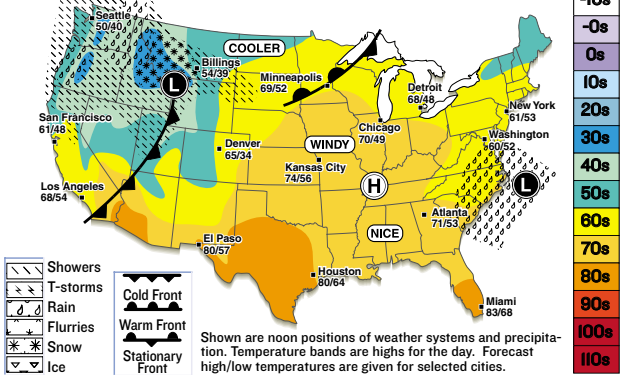
D.C. Metro: Today, mostly cloudy, rain late. High 60. Wind east-northeast 7-14 mph. Tonight, cloudy, rain. Low 52.

Sun and Moon

Sunrise today 6:39 a.m.
Sunset tonight 5:04 p.m.
Moonrise today 12:24 p.m.
Moonset today 10:13 p.m.



National Weather for Tuesday, November 4



National Cities

City	Today	Wed.
Atlanta	71/53/s	76/54/s
Boston	63/50/pc	63/51/pc
Chicago	70/49/s	74/53/pc
Dallas	80/66/s	80/58/pc
Denver	65/34/c	47/22/r
Honolulu	85/72/s	84/72/s
Los Angeles	68/54/r	73/53/pc
Miami	83/68/pc	83/68/s
New York City	61/53/c	56/50/r
Orlando	78/59/pc	80/56/s
Seattle	50/40/sh	49/42/c

World Cities

City	Today	Wed.
Amsterdam	51/48/c	57/49/sh
Athens	76/62/pc	73/62/pc
Berlin	57/48/c	58/50/r
Buenos Aires	88/72/pc	88/66/pc
Calgary	42/24/pc	35/20/sn
Dublin	52/45/pc	54/45/pc
Geneva	58/47/c	48/45/r
Moscow	41/32/pc	43/32/c
Rome	67/54/r	65/52/pc
Sydney	66/57/pc	72/61/pc
Tokyo	64/54/pc	66/55/s

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

LOOKout

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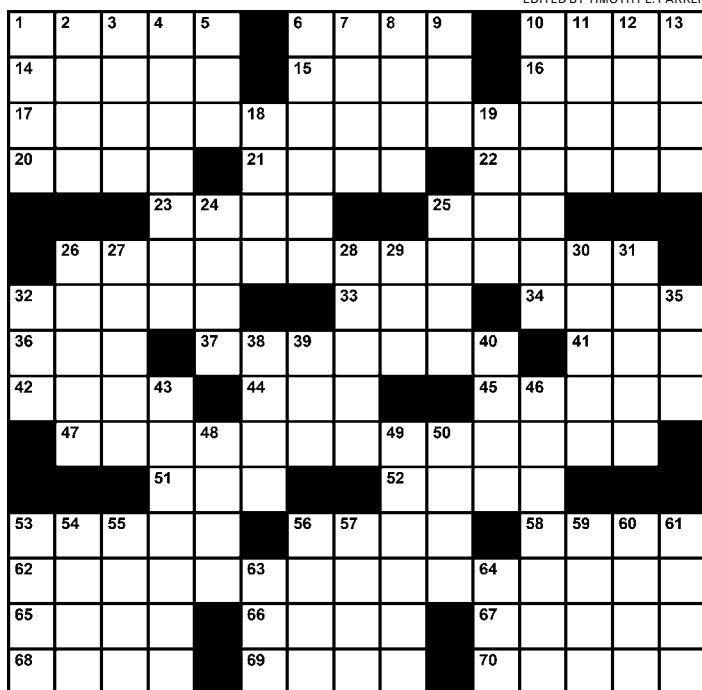
ACROSS

1 Fill one's tank
6 Weak spot
10 Nickname of Gabrielle Chanel
14 Present itself as a need
15 Bananas, nuts or crackers
16 Diamond Head site
17 Well-balanced individual?
20 Not bananas, nuts or crackers
21 Mineral rocks
22 More than craves (with "after")
23 Hindu hero
25 Rotating machine part
26 Circus employee
32 Butchery selection
33 Tanker's cargo
34 Lose one's cool
36 It's south of Eur.
37 "Frasier," to "Cheers"
41 9mm weapon named for its designer
42 Way up or way down
44 Canton bordering the Lake of Lucerne
45 TV legend
Spelling
47 One sans saddle sores?
51 Some conjunctions
52 Standard
53 Ray Bradbury's forte
56 Part of DIY
58 Castro's Cuba, e.g.
62 Where the theme

entries may be found
65 Edible tubers
66 Eyebrow shape
67 IRA relative
68 Cockpit guesses, for short
69 Place to see dashes
70 Lauder of cosmetics

DOWN

1 Gangland guns
2 What the "fat lady" sings
3 Horoscope datum
4 Be a forerunner of
5 Cat, often
6 Type of arrangement
7 Move along easily
8 A foursome for poker?
9 Impress
10 Newspaper features
11 Twelve ____ (Tara neighbor)
12 Guitarist Atkins
13 Duo's word
18 Italia's capital
19 Asia's Trans-____ mountain range
24 Home of Iowa State
25 Young mammal
26 Hit BBC comedy, briefly
27 Oscar winner "____ Rae"
28 Restorative medicine
29 City known for Carnival
30 Harden (Var.)



EDITED BY TIMOTHY E. PARKER

31 Hair remover
32 Black goo
35 Immobilize on the mat
38 Places for pints
39 A Gershwin
40 Kind of shake
43 Affirm openly
46 Thinks highly of
48 Canal of song
49 Dub
50 Drilling grp.?
53 Eye-opening problem
54 Chew the fat

55 "____ la Douce"
56 Fraught with danger
57 First word of "The Raven"
59 Aberdeen fellow
60 Winter Olympics vehicle
61 Immortal name in tennis
63 Butter, at times
64 Candidate to like

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su/doku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

5	4	2	8	1	6	9	3	7
1	9	6	4	7	3	8	5	2
7	8	3	5	2	9	4	1	6
8	2	4	9	5	1	7	6	3
9	5	1	6	3	7	2	4	8
3	6	7	2	8	4	1	9	5
2	1	5	3	9	8	6	7	4
6	3	9	7	4	2	5	8	1
4	7	8	1	6	5	3	2	9

7	5						4	6
			5		4			
		8	6		7	1		
	3			5			1	
6								2
	9			7			6	
		6	1		8	9		
			4		5			
2	1						8	3

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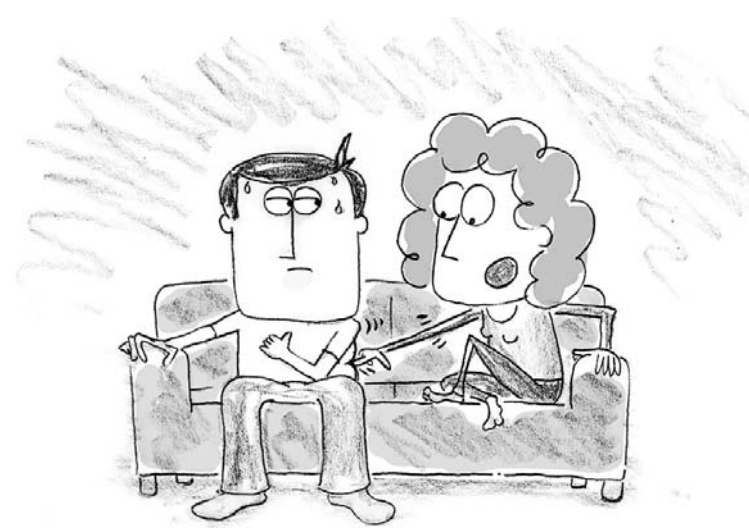


Not Ready to Discuss Health

Q I just started seeing a guy, and he told me that he had a kidney transplant more than five years ago. I already decided that his health would not be a deal-breaker, but he seems to avoid the topic because he says it brings back bad memories. All I want is for him to open up and include me in the issue of his health prognosis. I want to know what is ahead of me. Is that so bad? — WONDERING

I feel like someone trying a vegan pizza for the first time — no, it's not so bad. But it's also not so bad for him to want to wait before spilling his guts about something that was probably an intensely personal experience.

You have to take into account



ERIC REECE

that you "just started seeing" this guy. Just think of how long it takes in a typical relationship for certain things to come out — a gambling habit, workaholic tendencies, an obsession with Zamfir. So, it might make sense that this guy wanted to

wait a bit before giving you his full health rundown.

Give it a little more time, if you can stand it. And then, as things start to feel more serious, you can gently bring up that you feel like you don't know a lot about this aspect

of his life, and you'd like to hear more. But try hard not to sound like an insurance actuary: Give him a patient and empathetic ear that lets him know you're courting him, not his kidney.

Religion and Relationships

Q I'm not very religious (born Catholic), and my boyfriend is Muslim. He's not much into it, but he respects his parents above everything, and they're arranging his marriage back in his country. Sometimes I want to end it, but I love him so much. Sometimes I think he doesn't have a choice, since in his culture not going along with this wedding could mean family conflict, or even being disowned. He has insinuated that he would like to take me as a second wife. But I have been very clear I would never go along with that. I'm so confused. — ANONYMOUS

As much as I feel for you, I don't quite get the confusion. Your boyfriend has declared his intent to marry someone else, and the only wiggle room he's acknowledged is in the form of an option that you would never want to take. I can see pain, grief, regret, even anger — but sadly, I don't see much to be confused about.

To help you take steps forward, you need to make your boyfriend understand that you need clarity. I'm not minimizing his predicament at all — it's a heartbreaker. But indecisiveness and wishy-washiness help no one, and hurt you more with each passing minute. He'll either marry this woman or he won't; he'll either go against his family or he won't. Give him a date to let you know for sure, no turning back, and then move on accordingly — your heart deserves nothing less.



Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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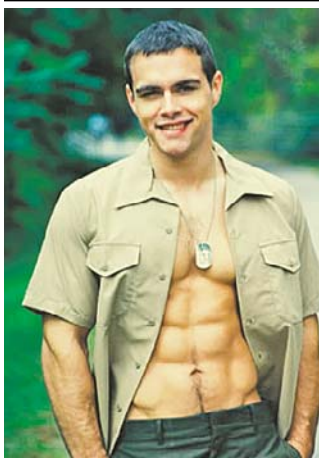
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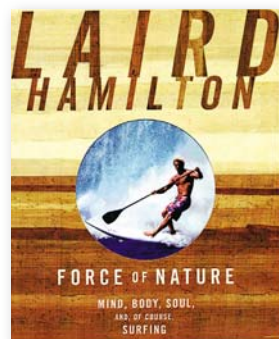
American Journal of Hypertension, January, 2005
American Journal of Cardiology, May, 2005

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GUINEA PIG



A Bigger Loser?

■ While "Wii Fit" offers yoga instruction and campy games, "Jillian Michaels' Fitness Ultimatum 2009" (\$40, Amazon) is a knockoff that gets campy in its own way by welcoming players to a boot camp with 11 challenges hosted by the "Biggest Loser" trainer. The greatest test, however, may be surviving the cheesy soundtrack.

Only a few of the choices are worth sweating through. Two of them—the log jump and the handcar pump—require lots of squats in rapid succession while distracting you from the burning in your rear end. Then there's the kayak game, in which you sit on the Balance Board and work your core as you wiggle from side to side down a river. But most of the exercises don't quite work—just take "Paint Grenade Toss." No, you're not ducking to avoid explosives. They roll up to you, then you squat to get them and lob them at an unseen target. Um, yea. Worst of all are the incentives. Instead of unlocking new games, Michaels' rewards are fitness and diet tips. WILL BOHLEN



MAKING WAVES

Foilboarding is mighty difficult in D.C., but otherwise, living like Laird Hamilton, as he outlines in the book "Force of Nature" (\$28, Rodale), is possible anywhere—except you'll probably eat less poi. The surfing star explains his philosophy about fear, walks readers through a series of exercises and offers recipes.



OVER MY SKIN

Dudes must have discovered skin, because the march of macho products continues with Vaseline MEN (yes, it's capitalized). The line of lotions lives up to the claims of "fast-absorbing" and "extra-strength." And if you're lazy, use them in place of cologne to be moist and fragrant.



SIXTH SENSE

Nicknames are key in the world of sports, so Nike has given its Zoom LeBron VI (\$140) the moniker "The Six." Cool, right? Apparently, the shoe performs as well as it looks (and we think it's pretty hot), thanks to cushioning in the heel and a super-stable sole.



COLOR SPLASH

Drive a hybrid? Drink one, too: Fuze Black & Green Tea (\$1.49, Giant) is a blend with an extra boost from super-trendy Acai berries. The result tastes of classic iced tea sweetened with a hint of pressed apple juice. It'll meet your daily value of vitamin C and give you a boost of folic acid.



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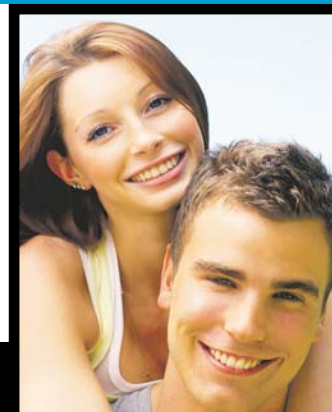
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THE MISFITS

Q Do you know if there's a "Couch-to-5k"-type equivalent for biking? I'd like to get back into riding and would like something with the motivation and guidance of that sort of program.

■ Biking is a lot different than running when you're starting out: Whether you walk or jog, it is only your energy and strength that is creating motion. With a bike, mechanical energy, momentum and gravity can all assist you (the gears help you tailor effort to your strength, momentum lets you take breaks and gravity lets you coast downhill). The point: You can probably get on the bike this weekend and manage a few miles on a flat trail without doing a whole lot of research. Check out the Washington Area Bicyclist Association Web site (Waba.org) for local maps. Also, check out its guide to local biking groups. H.S.

Q How important is it to take that one day off a week? I feel much better, clearer-headed and more able to sit still on the days I work out. Can I just take it every few weeks instead of every week?

■ It depends on how hard you're working on those non-rest days. Can you have an intense workout every day and not eventually collapse? Probably not. But you can certainly be active every day — tons of people have a daily yoga practice, walk their dog a couple miles every morning or do a certain number of crunches before going to bed at night. Humans are meant to get some physical activity every day. Your body will clue you in if you're overdoing it. And, of course, at that point, give it a rest. V.H.

? The MisFits, Vicky Hallett and Howard Schneider, chat every Tuesday at 11 a.m. at washingtonpost.com/liveonline. Catch up on upcoming events, scientific studies and gymgoers' pet peeves.

*** event horizon**

→ Waiting in line at the polls will probably strengthen your legs, but if you're eager for something more physical, take your "I Voted" sticker to a Gold's Gym. You'll get a seven-day pass for exercising your right to vote.



In February 2007, Alaska's Gov. Sarah Palin hitched a ride to the Iron Dog starting line with her hubby, Todd, on a snowmobile.

Perspiring Palin-Style

Hunt down the Alaskan family's fave sports in the nation's capital

If pollsters get it wrong and something transpires Tuesday that earns Alaska Gov. Sarah Palin a four-year stint in our nation's capital, the GOP vice presidential candidate could indeed find herself hunting down wasteful spending in Washington. But good luck finding some moose. The Palin clan's recreational pleasures won't all be curtailed by a move down south, however. If Todd, Track, Bristol, Willow, Piper and Trig Palin are still looking to partake in the family's favorite pastimes while Mom's off governing, there's hope in these parts.

Snowmobiling

Todd Palin is Alaska's "First Dude," a title bestowed upon him when his wife was elected governor. But a title he earned on his own is Iron

Dog champion, first-place finisher in a 1,971-mile snowmobile race on the Iditarod trail in Alaska.

The Washington region offers tamer terrain and new lingo. In Alaska, motorized vehicles that are designed for travel on snow or ice and are generally steered by skis or runners are known as snowmachines. Most everywhere else, the exact same thing is known as a snowmobile. And snow? We don't get so much (and never did, even before the climate-change thing started happening). So, the best options are each about a four-hour drive away.

At the Snowshoe Mountain Ski Resort (877-441-4386, Snowshoemtn.com) in Showshoe, W.Va., novice snowmobilers can sign up for guided tours (\$99/person midweek, \$119/person weekends and holidays) of the mountain in the evenings after the ski slopes shut down. The resort also offers backcountry tours (\$159/person), in which guests navigate woods and nearby hiking trails on their

snowmobiles. "Boys weekends get a big kick out of it," says Snowshoe's Laura Parquette.

The basic tours are novice-friend-

“He wants to go out there and go fast and be a little more daring.”

ly, and the machines are very easy to operate. Though the terrain is quite different, and racing isn't an option, Parquette says that if Todd Palin happened to be settled nearby, he would certainly be welcome. Though, he might get a little bored. "He's a ripper. He wants to go out there and go fast and be a little more daring, which is not what we encourage our guests to do," she says.

Other snowmobile outlets include Virginia's Homestead (540-839-1766, Thehomestead.com) resort in Hot Springs, where

the sport is a big draw. According to director of recreation John Corriveau's tally, between 500 and 700 guests booked tours last year (\$53-\$133).

Hockey

Maybe you've heard that people in the Palin family play hockey. To juggle both lipstick and a hockey stick yourself, head to the Fairfax Ice Arena (3779 Pickett Road, 703-323-1132, Fairfaxicearena.com) for novice leagues and upper-level play.

The arena boasts a wide range of players, says employee Matthew Smith, from people who are just starting out to former college athletes. It's also an international crowd: "Being so close to the D.C. area, we get people from all over the world that come in and play here: Russia, Japan, Canada." Perhaps it's a good way to burnish foreign diplomacy skills.

The arena offers a seven-week introductory course (\$137, Sundays at 4 p.m., next session starts Nov. 9) that covers passing, shooting, handling the puck and the basics of hockey skating.

Hunting

The Palins hunt big game, such as moose and caribou, which Sarah Palin prefers because "it's kind of more family-oriented," she told a reporter. She also said she uses a .243 for caribou, a bullet that is relatively small and normally used by white-tailed deer hunters. That's lucky, since white-tailed deer are a popular target for hunters in this area — the 2007-2008 tally was up 14 percent from the previous year in Maryland. But those deer weigh in around 150 pounds, at the heaviest. That's not much compared to a moose, which can weigh up to 1,100 pounds.

So, for something a little larger, a hunting enthusiast could try for a bear instead. Este Fisher of the Virginia Bear Hunters Association says that as far as hunting in the eastern United States goes, Virginia is excellent, with an average harvest of 1,300 to 1,500 bears a year. It's not Alaska, of course. "I've seen stories about Anchorage, where bears and moose walk like it's nothing — that's not what we have here," he says. But it's still a thrill to kill, and excellent exercise to boot. "I average walking 200 miles a year," he says. "And there are no roads where I go." To the Palins, that must sound like the real America. RACHEL DRYS



These folks watched the final debate while working it out at a California gym. But in D.C., we'll be really sweating Tuesday night.

Election Night Moves

Skip the alcohol and cut loose with our election returns challenge

Just about every bar in town has concocted some sort of crimson-colored McCain-tini and aqua-hued Obama-tail for Tuesday evening's returns coverage. But boozing to excess on election night won't make anybody feel like a winner Wednesday. So, instead of drown-

ing your sorrows or taking shots as your candidate takes states, try this exercise game developed with the help of Gia-Ning Chuang, the group fitness manager for Equinox (8065 Leesburg Pike, 703-790-6193, Equinoxfitness.com). Think drinking game, but substitute sips with sit-ups. And you can (and should!) still be chugging liquid — but maybe stick to a big glass of water.

AT THE MENTION of "Joe the plumber," the GOP's favorite every-

man, do five squats "to work that plumber's crack," Chuang suggests. Remember to stick that butt out!

2 WHO KNOWS whether going negative hurt McCain? But if a talking head says the word "negative," it'll hurt your arms, because you'll have to do five negative push-ups. Rather than struggling to get up from the ground, just focus on going from straight arms to bent arms. Then get on your knees to return to the starting position and go again.

3 ONE COULD ARGUE that Obama flip-flopped on public campaign financing. And if anyone does happen to get into a tiff about that on air, mark the occasion with lunges. Keep your left foot planted, and take your right forward and sink down. Then shift your weight, and send your right foot behind you and drop again. Do 10 reps. And if it's mentioned again, switch legs so your right foot is stationary

Think drinking game, but substitute sips with sit-ups. And don't forget to drink — water.

4 WHEN A NETWORK calls a state, see what percentage of polls are reporting. Then cover the difference in mountain climbers — in a push-up position with your hips raised a bit higher, bring one foot toward your hands, then the other (like you're climbing). So, for example, if Wolf Blitzer calls New Jersey with 80 percent of polls reporting, you're on the hook for 20 reps.

5 VOTER RECOUNT! During a commercial break, see how many crunches you can do before coverage resumes. Then, the next time they cut to the ads, see if you can beat your record. Try at least three times over the course of the night. "You may cheat," Chuang says, "but don't get caught — because that's voter fraud."

6 AT SOME POINT — hopefully, before sunrise — a winner will be declared. Your job: Run victory laps on a route of your choosing. If the moment seems to call for a libation other than H₂O, by all means, imbibe. Just try for something heavy, so you can also squeeze in some single arm curls. VICKY HALLETT (EXPRESS)

TRAIL BLAZER



There's a Reason It's Called Fall

■ Elizabeth Kiker hesitates when asked for tips on biking in the wet and leaf-strewn conditions of the season. She's vice president of the League of American Bicyclists, but she took a spill a couple weeks ago on the Custis Trail when conditions were slick. "It was 100 percent my fault," she admits. "I was passing someone on a curve, which is A) A bad idea because you can't see around a curve, and B) I was trying to get back over with my wheel turned, on a paint stripe. It was wet and I was worried about the jogger I was passing."

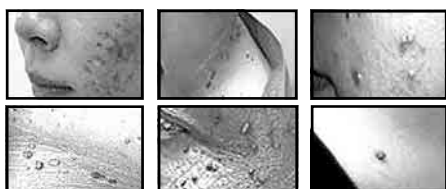
On paved trails, paint stripes can be slippery when dry. On wet days, they should be approached cautiously. And as fallen leaves dot trails, don't forget they can take away traction. Stay alert, monitor your speed, and avoid turning your wheel on a slippery surface. If you need to pass someone, try to wait until you get to a straightaway.

Another condition that blows is unexpected wind gusts. Can you lean in to avoid being blown over? Yes and no. "You have to counterbalance. It's tricky. If the wind stops as suddenly as it started, you could fall from that." Sheesh. "Slowing down is best." Just make sure you're moving fast enough to avoid floppin' over. That would be no way to fall. KRIS CORONADO (EXPRESS)

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EATING IN



LARRY CROWE/AP

Buttermilk Mashed Golden Potatoes

A plain, medium potato is a great source of vitamin C and has more potassium than a banana, yet it has only 160 calories with no fat. Turn it into the traditional batch of fluffy, butter-drenched mashed potatoes, however, and it's another story. But it doesn't have to be that way. Making mashed potatoes that are creamy, satisfying and healthy is easier than you might think.

INGREDIENTS

- **2 POUNDS** Yukon Gold potatoes, peeled and cut into large chunks
- **1 TABLESPOON** butter
- **1 1/4 CUPS** nonfat buttermilk
- **1/2 TEASPOON** salt, or more to taste
- **1/4 TEASPOON** ground black pepper, or more to taste

30 MINUTES, SERVES 6

PLACE THE POTATOES in a large saucepan, then add enough water to cover by at least 1 inch. Bring to a simmer and cook over medium heat, covered, until the potatoes are very tender, about 15 minutes.

Meanwhile, in a small saucepan melt the butter over low heat. Stir in the buttermilk and heat until just warm (the buttermilk will curdle if overheated).

When the potatoes are done, drain them in a colander, then return them to the hot pan.

Mash the potatoes with a potato masher, electric mixer or by putting them through a ricer. Stir in enough of the warm buttermilk mixture to make the potatoes fluffy but not soupy. The amount of buttermilk will vary depending on the moisture content of the potatoes. Season with salt and pepper. (AP)

161 calories (19 calories from fat), 2 g fat (1 g saturated fat), 8 mg cholesterol, 29 g carbs, 5 g protein, 2 g fiber, 243 mg sodium



GETTY IMAGES

Playing Truth or Dairy

Pick a creamy treat that's low in calories and high in healthfulness

You know yogurt is a great way to get calcium and probiotics, the "helpful" bacteria that boost your immune system. But you get to the dairy aisle and you're dumbfounded. So much sugar, so many health promises! Some yogurts could be considered liquid candy bars; others sound medicinal enough to require a prescription. But understanding the nutrition-

al ins and outs of this power food is worth the effort. Here are some frequently asked questions, along with how-to-shop advice.

Am I stuck with just plain yogurt?

No. It seems counterintuitive that a yogurt called banana cream pie or strawberry cheesecake could actually be good for you, but it's all about the nutrition label. Any yogurt (plain or flavored) that meets the following criteria (per 8 ounces) is a smart choice: No more than 200 calories, 4 g of fat or less, 30 g of sugar or less, at least 6 g of protein and at least 20 percent of the daily value for calcium.

Should I look for yogurt with "live active cultures"?

Yes. These "friendly" bacteria, also known as probiotics, keep "bad" bacteria in check or restore the good types wiped out by antibiotics. They may also boost immunity and help prevent constipation, diarrhea, bloating and gas. But read labels: Two bacteria, *Lactobacillus bulgaricus* and *Streptococcus thermophilus*, are used to ferment milk to make yogurt. But after processing, the probiotic benefits may be small, even in yogurts with a Live & Active Cultures seal. To reap the benefits of probiotics, choose brands bolstered with additional potent bacteria by looking for the words *Lactobacillus*

(*L. Acidophilus*) and/or *Bifidobacterium* (*B. Bifidum*).

Does the fruit in yogurt count as a fruit serving?

No. A serving of fruit is 1 cup, about the size of a single-serve yogurt container. (And some fruit-flavored yogurts don't contain fruit at all.) Bottom line: Think of the fruit in flavored yogurts as a bonus — you have to add your favorite to meet your quota. A container of fat-free plain yogurt mixed with 1 cup of sliced strawberries provides just 13 calories more than strawberry-flavored yogurt alone but counts as a full serving of fruit and fills more than 100 percent of your vitamin C needs.

Are drinkable yogurts healthy?

Some are, but they vary widely. To choose the healthiest, follow the same guidelines as yogurt per 8-ounce serving; the only difference is drinkable yogurts have a smoothie-like texture.

What is soy yogurt?

Soy yogurts are made with soymilk rather than cow's milk but are otherwise the same. They're usually stocked right next to dairy yogurt and may offer a few health advantages. A recent study concluded that natural compounds in soy yogurts could help control blood sugar by slowing carbohydrate digestion. They also rarely rely on high-fructose corn syrup, artificial colors or sugar substitutes. Note to dairy avoiders: Unlike the majority of soy cheeses, which contain dairy-derived proteins, most soy yogurts are entirely dairy free. CYNTHIA SASS (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)



LOCAL FLAVOR

Choice of Super-Salad

There's a lot to admire about Founding Farmers (1924 Pennsylvania Ave. NW; 202-822-8783; Wearefoundingfarmers.com). From its eco cred to its development and ownership by a collective of more than 40,000 American family farmers, the place is a hungry tree-hugger's dream.

The nutritionally minded can eat their hearts out at Founding Farmers, too. Among the healthy options on the expansive menu of farm-to-table dishes is an ambitious "17 vegetable salad" (\$14). Intrigued by the name, we quizzed executive chef Graham Duncan about the colorful plate of roughage and found out that it's never tossed together the same way twice.

First burning question: Are there really 17 veggies in the salad? Not exactly, Duncan says. "Sometimes there's more than 17 vegetables in the salad." So, why the prime number? "It just sounds cool," Duncan says.

OK, so what are those 17-or-so veggies? It turns out they change almost monthly, depending on the seasons and the farmers' haul, but there's always leafy green lettuce, Duncan says.



JOSE LUIS MAGANA/AP

Produce in jars brightens the decor at Founding Farmers near Foggy Bottom.

These days, the salad also includes green beans, beats, asparagus, cauliflower and jicama (a legume from South America that is a good source of dietary fiber and vitamin C). Graham says you'll often find non-veggies in the salad, too. Potassium-rich avocado and vitamin-packed tomatoes (actually fruits) have made appearances, as have hard-boiled eggs, which round out the salad by adding extra protein to the mix. This vegetarian-friendly creation never features meat, Duncan says, but it could still cause a carnivore's mouth to water. "Every bite is different, so it doesn't get boring," he says.

KATIE ABERBACH (EXPRESS)

Take a Break, Talking Heads

After a two-year election season, your jaws are now ready for revenge

Whatever the outcome of Tuesday's election, the winner is bound to emphasize he'll bring change to Washington. Perhaps the candidates don't realize it's already here. But instead of taxes or rebates or regulations, Hyun Martin has her own techniques. "I came to Washington to change the world, and I'm doing it in a spa," says the owner of Bethesda's Be You Bi You Wellness Center and Spa (5602 Shields Drive, 301-493-4911, Beyouspa.com).

Her bipartisan suggestion: Get a jaw massage.

Whether you've been gabbing incessantly on cable news — or at the dinner table — or gritting your teeth as you listened with a forced smile, your jaws have taken a beating over the past few months. And that, my friends, could wear out the muscles that support your temporomandibular joint (TMJ). So, Martin, who hatched the idea to target beleaguered jaws after dating a den-

bliss
out



tist, designed a 30-minute massage (\$80) that targets trigger points on your cranium, neck and mouth. She slips on gloves and dives into your oral cavity, fatiguing the jaw muscles with pressure. "I ask them to clench, and after awhile, they can't clench anymore, so the muscle has to release," she says.

The rubdown ends with a few tips to help people to heal them-

selves, like blasting your iPod and yelling along to the Rolling Stones. "Open up your jaw and let out all that stuff that you've stuffed in. Otherwise, you keep the emotion in your tissues," Martin says.

If left unattended — say, through an administration or two — jaw issues are no joke. TMJ disorders can lead to all kinds of unpleasantness: headaches, fibromyalgia, car-

diac arrhythmias, sleep disorders, tinnitus, lower-back pain and even trouble breathing. Between five and 15 percent of Americans suffer from TMJ disorders, according to the National Institute of Dental and Craniofacial Research, part of the National Institutes of Health. And most of those people are women between the ages of 30 and 50.

"I see plenty of men that do it,

too," says Jason Cohen, a dentist in Chevy Chase, Md., who says he treats a lot of impatient lawyers. "They're coming in, and they're already tense. They tend to be the guys that clench or grind."

Chiropractors are also witness-

Whether you've been gabbing or gritting, your jaws have taken a beating.

ing a spike in jaw clenching and jaw grinding, or, in medical terms, bruxism. "We're seeing a lot more people with TMJ issues, stress-related issues," says John Park, a Rockville chiropractor. "It has to do with all the economic problems we're all facing right now. It is more prevalent nowadays than it was last year at this time." Park also prods jaw muscles as a form of rehab and treats some cases with low-frequency sound waves to increase circulation in the area. Park says he usually sees improvement after four to six weeks.

By Wednesday, some jaws should loosen up a bit on their own. But Cohen, Martin and Park don't expect the busy season to end until sometime around April 15. Not all stresses, after all, are related to politics. MARGARET FOSTER

Vote to Put an End to Handshaking

Politicians flout public health with campaign grip-and-grins

Sens. John McCain and Barack Obama each promised a new kind of campaign, but in the end they both resorted to handshaking. Gripping and grinning may help them connect with voters, but it's also a risky proposition. Just ask McCain's wife, Cindy, who rushed to the hospital in mid-August after an "overly enthusiastic supporter" caused a minor wrist sprain.

Although Keith Segalman, a hand surgeon with the Curtis National Hand Center in Baltimore, has never

seen a patient sustain such an injury, it doesn't surprise him that someone with a "gorilla grip" managed to cause damage — too tight a squeeze could lead to bruising, swelling, loss of motion or even possibly a fracture, he speculates. What's even more likely is someone with an existing injury's getting aggravated by a firm shaker. "It could put you on your knees," he says.

The greater public health danger, of course, is the spread of disease from all of that person-to-person contact. "Handshaking can be a vehicle for all sorts of things — salmonella, norovirus," says Ann Marie Pettis, director of infection prevention for the University of Rochester Medical Center. And seeing those events where thousands gather to press the flesh is a tad wor-



Cindy McCain's arm was in a sling in mid-August after an "overly enthusiastic supporter" shook her hand too hard.

“Handshaking can be a vehicle for all sorts of things.”

risome, especially as election season becomes flu season. "It's not the best scenario," she says.

Thank goodness, a few people on the trail are trying to limit the ramifications of their hands' actions. At a recent rally, Alaska Gov. Sarah Palin announced that her wedding ring sits in her husband's pocket "because it hurts sometimes when I shake hands and it gets squished."

And the New York Times reported in 2006 that Obama had started toting Purell everywhere after President Bush gushed about the instant hand sanitizer ("Good stuff; keeps you from getting colds") and offered him a squirt.

It's possible health concerns were behind Michelle and Barack Obama's fist bump, as the greeting involves less skin contact, Pettis notes. But Segalman worries about anyone overzealously embracing the punching motion. "In theory, you could break a bone that way," he warns.

The high five is out of fashion and welcomes similar health dangers. The hug is perhaps safer but could lead to scandals involving inappropriate touching. And kissing? Forget about it. Segalman says only one culture has really figured out a foolproof way to say hi: "The Japanese have it better with the bow." VICKY HALLETT (EXPRESS)



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